

The Oxford County Citizen.

A. B. Herriek 6-10-17

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BETHEL, MAINE, THURSDAY, JULY 5, 1917.

\$1.50 IN ADVANCE.

THE NATIONAL CAPITAL

Events of Interest From Washington.

By J. E. Jones.

CENTRALIZING ALL POWERS IN PRESIDENT.

The common ground of endeavor in Congress is always found by compromising policies through leaving its enforcement "in the discretion of the President." "The laws of war-time appear to be almost entirely of the 'discretionary' kind. When the House passed the food control bill, including prohibition, the Senate stood aghast for a few hours; and Senator Gore, chairman of the committee on agriculture, and a prohibitionist, voiced the sentiment of many Senators when he declared that a broad distinction should be made in the prohibition law between whiskey and beer. Many of the Senators who have favored prohibiting the sale or use of the stronger intoxicants, have been in favor of continuing the manufacture of beer and light wines, at least for a few months. But it seems likely, at this time, that it will be left in the hands of President Wilson, to make the nation "bone dry."

Senator Knox, in the course of a speech, declared that "the Senate is united in the national aim—complete and speedy victory in the war. It has shown itself united in the principle of concentrated and centralized authority essential to the attainment of that aim." According to Mr. Knox it is necessary to give to the President everything that can be supplied in the way of "diplomatic and economic weapons." The Senate, in enacting on these principles, is expected to concur in the food control bill, with some changes, and to include in the measure, national prohibition in a way that it may be invoked by the President. The sub-committee substitute for the House bill, presented to the Senate, provides that the President may, or may not, allow the manufacture of liquors of any and all kinds, in his discretion.

The fight between the prohibition and anti-prohibition forces has naturally been the spectacular feature of the food control bill. Apart from the principles involved with reference to the use of suppression of liquor, is found the more important emphasis of the policy of vesting supreme authority in the President as Commander in Chief of the Army and Navy of the United States. The Hoover organization has been going ahead for the past two weeks, just as though its existence had been fully provided for. Its operation has already been thoroughly planned. Following the declaration of war every phase of power has been centralized under the President. The espionage bill, the power of embargo, the governmental control of the priority of shipments within our borders by the Newlands bill, are measures indicating clearly that the power of centralized control is to remain with the President. Administration measures now before Congress provide for public control of coal and oil, and the probabilities are that the coal industry will be speedily placed under Government supervision. Food, feed, fuel, farm implements and machinery, fertilizers and hemp, sisal and jute, are all subjects treated in the food control bill, which it is sought to place under federal control.

The revenue measure in the Senate is temporarily displaced by the food control bill, and there is a strong possibility that it may be materially changed in view of the great loss of revenue to the Government from the policy of prohibition. While Congress has treated prohibition with seeming indifference to the loss of several hundreds of millions of dollars in revenue, the House has been engaged during the past few days in its annual frenzied attacks upon the Rivers and Harbors bill, which has been struggling on the legislative calendar, trying to get through, with its appropriations ranging somewhere around \$30,000,000 for internal improvements.

THE COAL SITUATION.

Coal production and distribution seems up as equally important with food regulation, and the Federal Trade Commission has asked Congress to allow it to control the operations of the industry. "The Commission points out that many industries are paralyzed by reason of their inability to secure coal. According to the Commission there has

GRANGE NEWS

ALDER RIVER GRANGE.

Alder River Grange held its regular meeting Wednesday evening, June 27, all officers being present except Ceres and Pomona. A short program was given as follows: Mrs. M. E. Kimball gave a very interesting reading; others taking part in the program were: Mrs. Jennie Mitchell, Mrs. Helen Hutchins, Bean and Miss Edna Bartlett. Singing patriotic songs by the Grange. Suggestions for the good of the order by Worthy Master Guy Bartlett, Russell Swan, Freeborn Bean, Ceylon Kimball, L. E. Cole, H. E. Bartlett, Mrs. M. E. Kimball and Mrs. Nina Swan.

BETHEL GRANGE.

Bethel Grange held its last regular meeting June 28. Officers absent: Steward, Treasurer, Gate Keeper, Ceres, Pomona, L. A. Steward. A vote was taken and carried to present five dollars to the Red Cross. The following program was given: Opening Song, Choir; Roll Call, Current Events; Item of Interest, Levi Bartlett; Quotation, Clara Grover; Item of Interest, Mae B. Bartlett; Question: "Shall it be dust on the furniture or a tired and cross wife?" Discussed by Levi Bartlett and Herman Mason. Plato Solo, Florence Upton; Question: "How many times during the year should we have open meetings? Is there any danger of having too many of them?" Discussed by all.

Select Reading, Clara Grover; Closing Piece, Choir. We are to have a patriotic meeting July 12. Refreshments will be served. All Grangers are expected to be present.

OXFORD COUNTY POMONA.

Oxford Pomona Grange met with Crooked River Grange on June 26. The meeting was called to order by Worthy Master L. E. McIntire with a good attendance. Opening song, America, Mr. and Mrs. Albert Chute, assistant and lady assistant stewards of Crooked River Grange assisted in the opening exercises. Minutes of last meeting read. A communication from Worthy State Master W. J. Thompson was read in regard to the production of farm products. Worthy Master McIntire spoke very earnestly on the serious conditions prevailing all over the State and nation and said that we must not only consider our close environments, but take an exceedingly broad view of conditions elsewhere and lend all energies toward a betterment of the situation.

A notice was read that no regular State field meetings would be held, but advised that group meetings would be held, and that a speaker would be furnished. Worthy Secretary Clara Ryerson spoke of the Red Cross work which was further taken up in the afternoon. The degree of Pomona was conferred on a class of 11 candidates including Fred E. Weston, Alice G. Peace, Gladys Grover, Fred Bielby, Hattie Harvey of Crooked River Grange and Hanson Grover, May Perkins, Mrs. Beattie Durrell, Lena Rowe, Mildred Durrell and Beattie Durrell, Jr. of Frederick Robie Grange. At the close of the work which was impressively performed a recess of one hour was declared for dinner, which was a beautiful feast.

The meeting was again called to order at 2 P. M. Worthy Lecturer, Harold Pike spoke of the effort Waterford was to make on July 4 to raise funds to help the work of the Red Cross and recommended that other towns fall in line. The afternoon program presented as follows:

A song, Crooked River Grange chorale; address of welcome, M. C. MacLean; response, Herman Mason, Bethel Grange; piano solo, Ethel Taggart; reading, June Wilson; vocal solo, Nor-ma; Miller; piano solo, Mildred Perkins; vocal solo, Lizzie Edwards; reading, Luebell Warren; reading, Elizabeth Seribner; closing song, Grange choir.

A. M. Ryerson spoke of the needs of the Red Cross and a general discussion followed which resulted in a voluntary collection being taken which amounted to \$15. Oxford Pomona then voted \$10 and this sum will be given to the cause. Worthy Master L. E. McIntire then called Past Master J. H. Edwards to the chair and after a few words of encouragement and counsel left to take the train for Boston in the interests of the Milk Producers' Association. The meeting closed in form to meet with Mountain Grange, Buckfield, on August 7th.

A WORD FROM THE MEXICAN BORDER

Private Bert Grover Writes Of Conditions There

Co. I, 64th Infantry, Fort Bliss, El Paso, Texas. Sunday Morning.

Dear Mother: Well, as it is Sunday and awfully hot here I am going to keep as cool as I can. So I think this is the only way to take up my time.

I am certainly glad that we don't do any drilling today, for it must be about 90 here and like this every day. We are all tanned up like Mexicans.

Did you see the piece in the paper about the Mexicans firing on the U. S. soldiers last Tuesday night? And they called us out at 12.45 in the night. We had just 10 minutes to dress and get our guns. We were just 30 minutes in going 16 miles to the border in the Forts big autos. And they had a big machine gun sent down and in less than an hour 1,000 soldiers were there ready for action. We stayed all night there. About 40 Mexicans started to come across the Rio Grande River and fired on 2 guards. There being only 2 soldiers on guard they could not stand off 40 Mexicans. But when we arrived there was something doing. There were 2 of them killed and the rest got back as soon as they could. I expect we will have more trouble with them before they find out that they can't have their own way.

Well, ma, we just had dinner. This is what we had for dinner: roast beef, mashed potatoes, peas, bread, coffee. And we certainly eat good here. When I come home I will be able to eat anything, because we get lots of stuff that we don't like, but we have to eat it just the same. We are used good, and plenty to eat.

I went down to the city last night, but didn't stay long, was back to the fort at 9.45. How is everybody? It must look pretty up there now, all green. We don't see much green stuff here.

I hope I am not on guard tonight as I want to go down to the park this eve and hear the Mexican band play. I want to get some post cards of El Paso, but can't find any to suit me. It takes 40 minutes to go to the city on the car, quite a ride.

We expect to go target shooting tomorrow for a couple of days. I got excellent on my rifle inspection yesterday. I had a snap shot taken this morning and will send one if they are good. I'll bet it is 90 here in the shade. And rain, they say they haven't seen any here since last October. And I believe them, for the sun is up when we get up in the morning and sets about 6.50 at night.

Well, we don't go on guard tonight and I am glad for it is too hot. We go on guard Tuesday night until Wednesday night. I managed to get some more stamps so I am all right now. We just got word today that the 16th Company landed in France this morning. They left here over 2 weeks ago. Has anybody left Bethel for the Army? There was a lot more fellows came here last night from New York, where I was before coming here. I haven't had a chance to see any of them.

Well, ma, I must close for this time as it is most supper time. So give my love to all. Best wishes. Answer soon. Your Son, Bert.

MRS. NELLIE B. DUDLEY.

The funeral of Mrs. Nellie B. Dudley of Dudley Cottage, who passed away suddenly June 28, aged 75 years, a month, was held Saturday, June 30, at 2 P. M. at the head of North Pond near Locke's Mills, has become a famous summer resort, through the able management of Mrs. Dudley. Her genial spirit and heroic courage in meeting difficulties was for her many friends, and those who came once to enjoy the beautiful scenery surrounding the home, were anxious to come again. She will be greatly missed by friends far and near. She was a Universalist in faith and the spirit of the Divine Master beautified her life. Rev. Mr. Little officiated.

Typewriter to let by the week of month. \$40 per week, \$2.00 per month. Inquire at CITIZEN OFFICE.

CHURCH ACTIVITIES

CONGREGATIONAL CHURCH.

Morning service at 11.45, followed by Sunday school. Christian Endeavor Service in the evening at 7 o'clock. The Ladies' Club will meet with Mrs. E. E. Whitney, Thursday afternoon at three o'clock. Harold Taylor and Glyndon Sawin have passed up from "Tenderfoot" to second class Scouts.

Clarence Philbrook is caring for the flag this week. Mr. Ralph Richardson and Miss Dora H. Farrar, both of Hanover, were married at the parsonage, Saturday, June 30.

UNIVERSALIST CHURCH.

Regular service and sermon at 10.45 every Sunday. Sunday school at 12. The evening service will be omitted through July and August.

The Woman's Mission Circle will meet Thursday afternoon this week with Miss Willis. Watchword, "Sympathy."

The Woman's National Missionary Association of the Universalist church has arranged for Woman's Week and Girls' Camp at Ferry Beach, Maine, Aug. 6-10, 1917. Ferry Beach is an ideal place to spend a vacation. Write Mrs. Dwight A. Ball, West Paris, for any information desired.

METHODIST CHURCH.

Topic for next Sunday morning service, "Progressive Christian Life or Biblical Mountain Heights in Christian Experience."

Evening subject, "A Winner and a Loser." Junior Epworth League at 3.00 on Sunday afternoon.

You are invited to attend the church with a warm welcome. The children's day concert occurred Sunday evening with the following program: Processional.

Responsive reading, Superintendent and School Prayer, Rev. Mr. Trueman; Song, "In Our School Days," Address of Welcome, Marian Bean; Recitation, Gordon Merrill; National Song, Forrest Stowell; Recitation, "The World's Aster," "A Summer Message," Seven Girls, Four Boys; Recitation, Ruth Verrill; Recitation, Everett Merrill; "There's a Song in the Air," Address, Superintendent; Address, Rev. Mr. Trueman.

A collection was taken for educational purposes. A certain per cent of this goes to Kent's Hill Seminary. Closing song. The church was decorated with wild flowers and potted plants.

GUY D. CUMMINGS.

Mr. Guy D. Cummings, who died at the C. M. O. Hospital in Lewiston last week, following an operation for appendicitis, was the son of Dexter A. and Lizzie Lawrence Cummings. He was born in Albany about twenty-five years ago and has made his home there except when working away from home. Besides his parents he is survived by three brothers, Albion Cummings of Boston and Leslie and Raymond Cummings of Dorset, Vt.

The funeral was held in the church at Hunt's Corner on Saturday afternoon.

ANDREWS—SCRIBNER.

There was a pretty wedding service at the residence of Rev. J. H. Little, Tuesday evening, July 3, when Ralph Charles Andrews of South Paris and Blanche Mary Scribner of Norway were united in marriage by Mr. Little, using the double ring service. Mr. and Mrs. Stevens of Norway attended the party as groomsmen and bridesmaid.

A host of friends in South Paris and Norway with Mr. and Mrs. Andrews many years of happiness and prosperity.

FIELD DAY OF OXFORD ASSOCIATION, O. E. F.

The Oxford County Field Day Association, O. E. F., will hold its fifth annual meeting with Oxford Chapter at Norway, Wednesday, Aug. 1.

Each person is requested to carry basket picnic, with fork, cup and spoon. A large attendance from all the Chapters is desired.

SUBSCRIBE NOW FOR THE OXFORD COUNTY CITIZEN.

BETHEL INN

Happenings of the Week

Mr. and Mrs. H. H. McCarty of Bath were luncheon guests at the Inn, July 4th.

Dr. C. B. Haffen and wife of Gorham, N. H., were overnight guests at the Inn, June 27th.

Mrs. H. A. Knapp, Mrs. Gordon Taylor, maid and chauffeur, of Scranton, Pa., were at the Inn, June 27th.

Mr. and Mrs. Marion H. Gates of Kansas City, Mo., stopped at the Inn the 28th of June. They are touring the mountains by auto.

Mr. and Mrs. E. S. Church of Boston, accompanied by Miss Dorothy Flavors of Columbus, Ohio, were at the Inn over the Fourth.

Mr. and Mrs. L. O. Warren of Jacksonville, Fla., and Mr. and Mrs. Frank R. Mullen of Boston were overnight guests at the Inn the Fourth.

R. M. Lowson, wife and two sons, were at the Inn over the Fourth. They celebrated by "going fishing" and returned with a string of brook trout. Mr. Lowson is a prominent merchant of Portland.

The good weather of the past week has started the automobile travel toward the Mountains and Bethel has had her share of guests. The Inn has been well filled each night, and the orchestra, which came July 1st adds much to the pleasure of the guests and their friends. Concerts daily and dancing each evening.

Mr. and Mrs. Louis B. McCagg and family were overnight guests at the Inn the 28th. They are on an extended automobile tour from New York City through the mountains. This is their second visit to the Inn. The young people were delighted with Bethel and have promised to return for winter sports during the winter.

Miss Emily Stearns and Miss Edna Martin left on Tuesday after an extended visit at the Inn. They will be much missed by the many friends made during their stay in Bethel. Miss Stearns has gone to York Harbor, Me., and Miss Martin will take a vacation in Northern New York. We hope they will return to Bethel later in the season.

There was a coaching party to Song Pond the afternoon of the Fourth enjoyed by the guests of the Inn and their friends. Supper was cooked at the cottage by Howard Colburn and Arthur Douglas, and the guests declared it was one of the best. They enjoyed the bathing and boating, returning about 8.30 p. m., by moonlight. Dancing was then enjoyed at the Inn.

Mr. and Mrs. B. E. Cole, Jr., of Brookline, Mass., arrived at Bethel Inn, July 4th. Mrs. Cole is an intimate friend of Miss Margaret Allen, who spent the winter at Bethel, and came to the Inn through her recommendation. Mr. and Mrs. Cole have been on an extended motor trip to Jackson and Rangeley, where they visited Miss Allen at her summer home.

EDGAR D. ANDREWS.

Mr. Edgar D. Andrews passed away very suddenly last Wednesday evening at his home on the Song road. Mr. Andrews was nearly seventy-eight years of age and for the past few years has suffered greatly from heart trouble, which was the cause of his death.

Besides his widow, Mrs. Leontine Andrews, he is survived by six children, Eugene of Norway, Lucian J. of Albany, Mrs. Lottie Inman, Perley G., Roscoe C. and Mrs. Eva Merrill of Bethel.

The funeral was held Friday afternoon, Rev. Mr. Trueman officiating and the interment was at No. Chatham, N. H., on Saturday.

Mr. Andrews was a lover of the woods and it can be safely said that he knew more about the minerals of Oxford than any other person. For many years he scoured for deposits and guided scientists through Maine, and New Hampshire. Several new minerals were discovered by him.

In late years his time has been employed in making jackknife blades and tinkering on watches and clocks and it was while thus employed that he passed away.

WANT COLUMN.

Put your Want and Sale notices here and they will be read in 3,000 Oxford County homes—4 lines, 1 week, 25c; 3 weeks 50c.

NOTICE.

I wish to announce to the people of Bethel and vicinity that I am prepared to do all kinds of plumbing and repair work at a reasonable price, also sheet metal work. All work carefully and promptly attended to.

ALBERT BURKE, Bethel, Maine. Telephone—Shop, 19—12; Res., 29—7

FURNISHED ROOMS AUTO AND TEAM CONVEYANCE C. C. BRYANT, 2 Mechanic Street, Bethel, Maine. Telephone Connection.

The Wurfshu

Made of heavy brown sail duck top auto tire stock on bottom leather innersole.

A solid summer shoe for men and boys.

All kinds of summer shoes for men, women and children.

SHOE REPAIRING. YOUNG'S SHOE STORE Phone—14-1.

The LAW says

LANTERNS

on all carriages. I have a good assortment to choose from.

FLY OIL, Sprayers, Chamois, Sponges, Auto Dressing of all kinds, Polish.

YOUNG'S HARNESS STORE.

DR. AUSTIN TENNEY, Oculist. Practice limited to diseases of the Eye and the fitting of Glasses. Office at house of Clarence Hall, Bethel. Last Saturday of every month. All work guaranteed. Office hours—8.00 A. M. to 4.00 P. M.

FOR SALE.

The standing grass on the late H. B. Godwin farm. Apply to MRS. M. A. GODWIN, 7-5-31. Main St., Bethel, Me.

WANTED:—To communicate with young women who are desirous of becoming professional nurses. Liberal allowance during three years course. For information apply to RHODA ASHWORTH, R. U., Supt. of Nurses, Humford Hospital Association, 621-1. Humford, Maine.

FOR SALE.

Driving horse, fearless and safe for ladies to handle. Inquire of G. L. THURSTON, 621-1f. Bethel, Maine.

FOR SALE.

Two cows, due to freshen soon. C. W. GODWIN, 7-5-11-p. No. Bethel, Maine.

FOR SALE.

A few bushels of good potatoes, also some loose hay. C. E. VALENTINE, 7-5-11-p. Bethel, Maine.

NOTICE.

Notice is hereby given that the Bethel Savings Bank has been notified that book of deposit issued by said bank to Eleanor L. Fish and numbered 368, has been destroyed or lost, and that she desires to have a new book of deposit issued to her. Bethel Savings Bank, by A. B. Herriek, Treasurer. Bethel, Me., July 1, 1917. 7-5-31.

RAOS WANTED.

Clean rags of any size or color wanted. Be very acceptable at the Red Cross rooms. They are to be used in making filling for comfort pillows and will be left after Tuesday, July 10th, at the Red Cross rooms.

THE OXFORD COUNTY CITIZEN

PUBLISHED EVERY THURSDAY
BY FRED B. MERRILL.

BETHEL, MAINE.

Subscription \$1.50 per year in advance. If not paid in advance \$2.00 will be charged.

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THURSDAY, JULY 5, 1917.

UNCLE SAM'S NEW POSSESSIONS.

Little Journeys Through the American Tropics, written by our special correspondent, L. D. MacWethy, author of "Country Editor in Panama."

FROM ISLAND TO ISLAND.

Navigating the Channel in a Sailing Vessel. Discomfort When the Wind Falls.

NO. 5.

All my life I have longed for a trip on a sailing vessel. I have hung over the rail of an ocean liner and looked with longing eyes at far off reef topped islands rising out of a blue sea, and surrounded by a ring of lazy foam breaking over the protecting reefs into the inner ring of the brightest green waters. Whenever the water is deep the color is deep blue. Within the harbor and near the shore the color changes to bright green. This blending of colors in the water surrounding the islands of the sea is so pleasing to the eye that it never grows monotonous and with such a setting the little island great car vision like gems on the great bosom of nature. To approach these places one must of necessity use a smaller boat and it was with pleasure that I looked forward to my forty mile trip across the Virgin passage to St. Croix, for this was my first experience on a sailing schooner.

We embarked at night with a full passenger list, consisting of an excursion party and the St. Thomas cricket team. They were to play a match with St. Croix.

Moving the Passengers. There were some seventy-five people aboard and the schooner was fairly well crowded. Not as we know a train on our ordinary Fourth of July excursions, but more as you would crowd baggage in a box. They packed themselves. Each passenger had a place on the deck and stretched out. When we were all aboard and safely stowed the deck looked like a picture of a French lastreille. To pass along the deck would have been a sort of Elias crossing the ice performance, with Elias playing the ice part.

For my part I rented a cabin. I had no idea what a cabin on a schooner was like but I rented it just the same. It turned out to be a little dog house affair just the size of a man's longways. It had little sliding doors, just like the wall fitted dog house, and by doubling up I managed to get inside and stretch out. From the front part of my bunk was a canopy by sleeping humanity and I was in daily danger to step inside or walk on somebody if I came out.

It was a beautiful night and I soon fell asleep and only awakened when we were making the harbor at St. Croix the next morning.

The trip across was made in the night, and so far as I was concerned was not unpleasant. But I had something to learn. The return was different.

Calm Weather. We were due to leave St. Croix at eleven o'clock on Monday night. Accordingly after supper at the hotel I wandered down to the boat and went aboard. I there learned that we would not leave until morning as some of the cricket players were attending a dance. If it came off one or two fellows wanted to dance it was a foregone conclusion that the normally fit passengers would be glad to wait all night. And it was so. No one complained. It was all in the day's work. For he it from our to complete. I thought I could stand it if the rest did so I waited up my cabin and went to sleep. The next morning (Tuesday) we got under way by leaving the schooner out of the harbor with a fair breeze. The water had come to sleep. The wind was not fresh coming. Confusing men cooled their eyes and heads and their heads. We drifted and drifted while the great, sparkling white sails of the schooner were and forward, like new large trousers on a thin man's legs. All their day we drifted. Once in a while a strong breeze would give a dash fit the tug of the wind, and then let go as though discouraged. The sun climbed higher and higher overhead, and as the sun began to pour down in vertical shafts on our humanity down deck the boat grew sitting. My dog began

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O. We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by him.

NATIONAL BANK OF COMMERCE, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 50 cents per bottle. Sold by all druggists. Beware of cheap imitations.

It's like the inside of an oven and I was forced outside only to seek shelter again from the boiling sun. The sailors aided by the passengers stretched every spare bit of canvas over those sleeping on deck, but as the sun came overhead and cut the shadow of the sail to a mere knife blade it was impossible to screen many of the people. Below deck the air was so stifling that one preferred to blister in the sun rather than breathe the heated and fetid air below.

A Study of Character.

I have heard and read much of the extraordinary patience of the colored race, and this was my first opportunity to study this trait. Among the passengers were many women and children. They were without food, or water. Some few brought refreshments aboard and this they freely shared with their neighbors. I was indebted to a young man for a part of his lunch and a bottle of soda water. Also the captain sent me a cup of tea and the following morning a cup of coffee. In this I was more fortunate than many of my fellow passengers. But on the whole voyage, which lasted all day Tuesday and all that night, until six the next Wednesday morning, over thirty hours and from food till food some thirty-six hours, I heard less complaint from the entire passenger list, than I have heard frequently at the breakfast table in our modern hotels.

A Dash of Bitters.

My throat was parched with thirst. My face and arms were sun blistered almost raw. My stomach was as empty as the sail overhead. I sat for hours on that blistering deck and watched the pitch roll out of the cracks in the planking. I finally brought myself to take a drink of black water from the very black cup the sailors used. Ugh. Call that water! It was thick enough to pass for soup, black enough to pass for ink and strong enough to pass for Rochester. Water like a shirt is all the better for an occasional change. One swallow and I went back again to my thirst and discomfort. I thought of all the sweet watered gushing springs I had known in my whole life. I could shut my eyes and see running brooks, gushing torrents on mountain sides, and the old pump on the farm back home where we used to stop up the spout and drink through our fingers. Hunger can be held in abeyance, but not thirst.

At all times we could look across that beautiful sailing sea and see the beautiful island of St. Thomas ahead, or turn off and gaze on the beautiful lands of St. Croix gilded with the glory of the tropic sun. We could look and long, but that was all. They lay there in repose on the painted sea and worked us in our misery. Off in the sun's trail a school of porpoise played tag in a copper sea, and to the starboard a giant albatross added his leaped occasionally. It would have been interesting under other circumstances, but not now.

A Lesson in Patience.

And the people! They simply accepted submission. When the sun drove them out of one place they crept into another. Some of them never moved from the time they embarked until we arrived. Others passed the time in chatting, telling stories and discussing the cricket game. Some funny clown would start a story and a roar of laughter would pass over the company like a joy wave. How they could laugh and be miserable at the same time was a conundrum. Then up forward somebody would start a song. It would be picked up by others. Increasing in volume until the whole ship company at these awake would join in the melody. And what did they sing? "There's a land that is fairer than day."

And by faith we can see it afar." And the chorus enriched by the powerful throat voices of our new sailors would roll out over the sleeping ocean.

"In the sweet, bye and bye, We shall meet on that beautiful shore."

And Methodist hymns they sang. Songs associated with my childhood, songs I have expected to hear under the circumstances, and songs that seemed incomprehensibly sweet and made me forget our discomfort for the time being.

As the day closed and the night came on it grew cooler but only to increase our hunger and thirst. All night we drifted until finally the new wind

PARIS TRUST COMPANY

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We are ready to serve the public in our territory cheerfully and courteously, with every accommodation consistent with sound banking.

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States Navy also gave us a lift. We arrived at 8.00 a. m. Wednesday morning.

I have enjoyed a good appetite all my life. I enjoy a bath occasionally. Each has its proper place. But it remained for me to visit the Virgin Islands to learn just how a breakfast really tastes and just the right amount of enjoyment to be derived from a bath.

And as for sailing vessels—I know it all!

LOU D. MACWETHY.

NOW IS THE TIME TO BUY CANNING JARS.

The sub-committee on food production and conservation of the Maine committee on public safety recently sent out the following letter to wholesalers in glass jars to remind them of the canning campaign which will be conducted in this State for the next few months.

"The Governor and Council has recently appropriated a sum of money sufficient to make possible a canning demonstration in every town in Maine. The work will be done under the direction of this committee and a few meetings already held lead us to believe that the demand is great for such a campaign."

"We have recently had correspondence with several manufacturers of glass jars and in one case the personal representative of a firm met with us, and we had after investigation that the wholesalers and jobbers of Maine are buying jars very little in excess of their normal supply, due no doubt to the consumers not purchasing above normal."

"We would respectfully call your attention to these facts and urge upon you what we believe to be a real situation and should be met at once. The manufacturers say that they can deliver jars now, whereas later in the season when the rush comes, it may not be possible, and furthermore the price is better now than it will be later. It is claimed that the wholesalers in other states have prepared for a future demand, and that Maine has not. We wish that you could see the situation as we do, and order jars now that you may be fortified against a demand which we believe is bound to come."

"The increase of 25 per cent in garden crops and 100 per cent in family gardens indicates that when the people do wake up there will be a great demand for glass jars and we hope that your firm will be ready when this demand comes."

"This committee will urge the consumer to start purchasing at once. At our different meetings, this will be mentioned, and will no doubt stimulate buying to a great extent."

"This is a patriotic duty in this canning business, and we ask you to consider this carefully and do what we hope to be your duty by purchasing enough jars so that anything that can be saved will not be wasted because the wholesaler did not do his part."

May you see it in the Citizen.

HEBRON.

The Oni Go Club met Wednesday afternoon with its president, Miss Elsie Conant. Plans were made for the camping trip.

A number of Miss Kathryn Cantello's friends helped her celebrate her birthday by hanging her a June box Wednesday. After a long hard chase every one was caught and they were invited into the house where a jolly hour was spent. Mrs. Cantello served ice cream and cake.

Mrs. Fred Marshall, and daughter, Ethel, were in South Paris, Wednesday. Miss Minnie Hutchinson has gone to Rangeley to work for the summer.

Mrs. A. A. Conant and Alton Conant were in Lewiston, Wednesday.

Miss Ethel Gilker, who has been visiting her sister, Mrs. Ernest Davenport, has gone to the White Mountains to do table work.

Arthur Minister is visiting his sister, Mrs. Charles Dwyer.

Mrs. Eva Deacon has returned from the Sisters' Hospital, Lewiston.

Miss Minnie Badger has returned to her home here after spending the winter and spring in Lowell, Mass.

Wendell Towns of South Paris is working for Merton Rawson.

THE IMPORTANCE OF CLEAN MILK.

"Milk sanitation increases in importance as the hot weather approaches. The milk should be kept in ice water until it is loaded upon the wagon to be delivered. Cracked ice ought to be packed around the bottles and cans, thereby keeping the temperature below 50° F., during transportation."

No one cares to use a food which is not produced and handled under sanitary conditions. Yet many consumers fail to realize the full significance of dirty milk and milk that soars on the day of delivery. Serious epidemics of typhoid fever, septic sore throat and other diseases have been disseminated through the milk supply. Most of the scientific evidence of today goes to prove that bovine tuberculosis may be transmitted to human beings, especially by children.

The consumer should demand clean milk and he should pay for it. At the present time the fact value of milk is worth twenty-three to twenty-five cents per quart, in comparison to the price of other staple foods.

If the milk producer will consider the subject of clean milk from an unbiased standpoint he will realize that in most cases very much can be done toward improving milk production without a relative increase in the expense. A reputation for clean milk means fewer complaints, a better class of patrons, and a steady market for the product of the dairy.

The farmer should desire the cleanest possible product to protect the health of his own family and in the raising of thrifty calves. Another personal advantage is that in the endeavor to produce better milk, a man learns the best method of care and management of the herd and this in turn leads to better business methods generally.

NORWAY.

The members of the Swastika Club met at the home of Mrs. Emma Buck Wednesday evening and devoted the evening to Red Cross work, snipping for pillow filling and a large amount of clippings was accumulated.

Ronella Bicknell has charge of the stock sitting room in the Paris Shoe Co. factory at South Paris. Several shoemakers from Norway are employed there.

Roland Hussey, who has been employed at the Carroll-Jellerson factory, has gone to Island Pond, Vt., to work for the Grand Trunk railway, where he will have charge of the electrical apparatus.

Mr. and Mrs. J. Willis Ross and little son of Clark's Mills have been recent guests of D. A. Watson and family at Norway Center.

Miss Maude Ellen Pike, who teaches music in Bravard Institute, Bravard, N. C., has returned home for the summer.

Mrs. Izah (Hatch) Whitman of Red Wing, Minnesota, is visiting her brother, Stephen Hatch.

Mrs. Talbot Mundy has gone to New York, where she will superintend the placing of a mural decoration which she has been engaged in painting this summer.

Miss Helen Coye, who has been visiting her brother, Henry Coye, at Welchville, has returned to her home on Deering street.

Edwin Thompson has purchased the Frank Small stand on Beal street and is making extensive improvements in the inside, installing electric lights and a new bath room. The lawn will be graded and generally improved.

Mrs. Estelle Bell has resumed her work at the V. Akers studio for the summer.

Mrs. Linnie R. Bartlett has sold her stand at Norway Lake, known as the Walcott stand to William Glover. The house has been occupied for the past two years by Clarence Dunham and family.

Miss H. E. Taylor met with a serious accident Friday evening, by falling down a flight of stairs at A. P. Baesette's. Several ribs were broken, her arm and hand injured, and she received a general shaking up, and some bad bruises.

Eugene Andrews was at home from Vermont for the week end.

Miss Winifred McKee went to her home in Lovell, Saturday to spend a week.

Mr. and Mrs. E. D. Carroll and daughter, Miss Ruth Carroll, Mrs. Daniel Carroll, and Mrs. George Waters went to Ellsworth, Sunday, where they will spend a week, and before their return they plan to take a trip to Bar Harbor.

Frank Knight and family of Manchester-by-the-Sea arrived in town Saturday and will spend the summer at the lake, occupying the McLean cottage, Gray Gables, and the Fred Smith cottage.

Mrs. Mildred Goldthwaite of Auburn and son are spending a week at her home on Winter street.

Mr. and Mrs. Will Young were in Lewiston for the day, Saturday.

Albert J. Stearns has been nominated by Governor Milliken as a trustee of the State Hospital at Augusta.

Miss Annie Newcombe, who has been teaching in Harrison, has returned home and started with her grandmother, Mrs. Grover, for Michigan, Thursday morning.

Dr. Stephen P. Jowett of New York, son of Mrs. Ella Jowett Cole of Norway has recently accepted a position in the Bellevue hospital as assistant to Dr. Menas B. Gregory, who is one of the highest authorities on mental and nervous troubles.

Miss Adeline DeCosta is assisting clerk of courts Ernest J. Record at the county buildings with the military registration work.

Marshall Hayden Winchester of Manchester-by-the-Sea and chauffeur, Archie Peters, have arrived for a short stay in town. Mr. Winchester is visiting his grandmother this week, Mrs. Clara Hayden, and the last of the week will go to the Eugene Hayden cottage.

Mr. and Mrs. Verna Whitman and son, Victor, have arrived from Lacombe, N. H., to spend the summer at their cottage at the lake.

George Gunn of Danvers, Mass., and several of the Mass Island summer people, who make annual trips to Mass Island, arrived Wednesday. Several others arrived Saturday for the two weeks vacation.

Judge William F. Jones returned Wednesday from an extended trip through Massachusetts. Mrs. Jones is attending the Red Cross meetings and will be home in a few days.

Dr. Harry F. Jones attended the 37th annual convention of the Maine Dental Society at Bangor, Wednesday.

dren of Augusta have arrived at their cottage at Lake Ponessawawasco for the summer.

Mr. and Mrs. Alexander McLean of Hawks Park, Florida, arrived Wednesday at their cottage where they will spend the summer.

Miss Thelma Gerzy, who teaches at Springvale, is visiting her mother, Mrs. Ada Gerzy. They will go to New York the first of the week to visit Mrs. Gerzy's oldest daughter, Mrs. Hood.

Miss Emily D. Davis of Roxbury, Mass., is spending the summer with Mrs. G. F. Stone and family. Miss Ellen Paragard of Winchendon, Mass., is also a guest of Mrs. Stone.

Miss Blanche Lane spent the week end in Leeds with relatives.

Miss Hazel Bicknell has returned from Farmington, where she is the designer in Mrs. Brown's millinery parlors.

Dr. Harry S. Nevers of Lawrence, Mass., spent the week end with his parents, Mr. and Mrs. A. J. Nevers, returning Monday morning.

Mrs. A. S. Kimball was in Portland the past week, the guest of her cousin, Mrs. H. E. Houghton.

Dr. D. M. Stewart and a detail of the hospital corps have been in Fryburg the past few days to examine applicants for the Neal Dow heavy field artillery. Thus far, 65 have passed the examination.

Mrs. Olive P. Eastman of Kearsarge, Mass., H. A. Holmes and daughter, Miss Helen of Tilton, also Ralph and Harold Barnes of Kearsarge, N. H., are the guests of Capt. J. Waldo Nash and family, Pleasant street.

Miss Madeline Proctor of Auburn is the guest of her grandparents, Mr. and Mrs. Perley Proctor, Main street.

Thomas Thibodeau is visiting relatives in Boston and vicinity.

Mr. and Mrs. Edward F. Morris celebrated their fiftieth wedding anniversary Friday at their home at North-west Norway.

The ladies of the Congregational church are to have their mid-summer sale Wednesday afternoon and evening, July 18, on the lawn and piazza at the residence of Mrs. Eugene N. Sweet.

A meeting of the committee will be held Friday afternoon at the residence of Mrs. Fred S. Brown, Main street.

IT KILLS WHITE PINE.

Millions are being spent daily for the destruction of life. Will you not give a little space in your paper for calling the attention of the public to a matter that is of very vital importance to this State, and to the country as a whole, and in doing so help to save the white pine in Maine?

A disease known as the White Pine Blister Rust is now spreading rapidly through the State. This fungus disease, and the minute seeds or germs are borne on the wind for long distances, thus making it a difficult thing to fight. It breeds on the species of currants and gooseberries both wild and cultivated, and spreads from them to the white pine. It does not kill the white pine, but it does kill the white pine.

The State Forestry Department is doing everything possible to combat the disease, but the only cure known is to destroy all of the currant and gooseberry bushes both wild and cultivated, by digging them up root and all and burning them. This will stop the spread of disease as it can not go from pine tree to pine tree, but must have the currant or gooseberry to breed on.

It is a big job to undertake the eradication of all currant and gooseberry plants from a State, and with the money available for the purpose it is an impossible one, unless all owners will co-operate with the Department in the work.

Will you not ask your readers to notify the Forest Commissioner if they have any places that they think may have this disease, or if they have any valuable pine timber that they wish protected from this disease?

As all owners of currant and gooseberry bushes to help in this work by destroying their plants, even if they are in apparently good healthy condition. This they should be willing to do as a public benefaction, in order to prevent the loss of so valuable a crop as the white pine to the State of Maine.

The experts from the Bureau of Plant Industry at Washington, D. C., tell us that we can not have currant and gooseberry bushes and also white pine. Will you please ask your readers to do this work as you can which of these crops they would prefer to have, and which they consider economically the most valuable to Maine?

Very truly yours,
(Signed) John M. Babcock,
Agent for Forest Commission.

Farmers' Bulletin 1125, U. S. Department of Agriculture, Washington, D. C.) will be sent free on request to any address. It gives full descriptions and illustrations of the disease.

A workman may not attend church, but he does, a good many others there.

The Hon.

Pleasant Revue
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The Home Circle

Pleasant Reveries—A Column Dedicated to Tired Mothers as they join the Home Circle at Evening Tide

TO PLAN THREE MEALS.

How the Housewife May Reduce the Cost of Serving Nutritious Food to the Family.

Housewives in many cases can reduce the cost of supplying their tables without reducing the nutritive value of the food served by giving more thought than usually is given to the selection, preparation, and combination of foods. In fact, where carelessness has been the rule (and carelessness is not related to the size of the income), the specialists of the United States Department of Agriculture say careful planning may make possible both a reduction of cost and an increase in nutritiveness and palatability. If any changes are to be brought about in the menu to which a family has been accustomed, however, by eliminating certain articles or substituting less expensive ones, care should be taken that the resulting diet is rational; that is, that it does not contain, on the one hand, too great a proportion of foods of any one type, such as meats and meat substitutes, or starch, sugars, and fats, or vegetables and fruits; and that, on the other hand, it is not deficient in any of these types of food.

In general, habit and custom, shaped by normal appetites, have led to the general adoption of adequate and varied diets in most families where the means are sufficient for any range of choice. Thus, when meat—a food rich in nitrogen—is eaten, potato, rice, bread, or some other starchy food, and fruits and vegetables, and perhaps foods of the other types, usually are served with it. If a person's food habits are good he will eat a reasonable quantity of all the foods provided and obtain a varied meal and not a one-sided one, as might otherwise be the case.

The lists of foods given at the end of this article are intended to show different types of food and different examples of each type. If the foods combined in the diet are chosen according to these types—that is, according to the purpose each group serves in the body—and are eaten in proper proportion, the meals will furnish all the kinds of nourishing elements which the body needs. The five types or groups are:

(1) Foods depended upon for mineral matter, vegetable acids, and fluid-regulating substances, such as fruits and succulent vegetables.

(2) Foods depended upon for protein, such as milk, eggs, meat, and dried legumes.

(3) Foods depended upon for starch, such as cereal breakfast foods, flours, meals, and foods made from them.

(4) Foods depended upon for sugar, such as sugar, molasses, sirups, honey, jams, thick preserves, dried fruits, sweet cakes, and desserts.

(5) Foods depended upon for fat, such as butter, cream, salad oil, and other table fats, lard, suet, and other cooking fats, and oils, salt pork, and bacon.

In order that the meals may supply all the needed nutritive elements, one must make sure that all groups are well represented; not necessarily at every meal, but when the family diet is considered day by day and week in and week out. Quantities should vary, particularly of the energy-yielding foods, for persons engaged in different pursuits necessitating different amounts of exercise. The heavier the work the more food is needed. In planning meals in accordance with the method here suggested, choose only a few dishes and make sure that the different groups are represented in the daily fare. Foods in groups 1 and 2 are less expensive, as a rule, than those in group 3, and for this and other reasons should be used freely as a basis of the diet, with sufficient amounts of foods from groups 4, 5, and 6 to round out the meals. Remember that the materials used in cooking or served with foods (butter, eggs, milk, fat, sugar, etc.) add their food value to the diet. Remember also that it is not necessary to supply all the types of food at every meal, providing enough of each is supplied in the course of the day. For example, if the foods which are depended upon for nitrogen (meat, eggs, milk, etc.) are found in abundance at breakfast and dinner, it is not necessary to include them at supper or lunch; or if a person prefers a light breakfast, he may leave out the nitrogen-rich food and perhaps some of the other foods in the morning and make up for it at the noon and evening meals. In the following lists dishes suitable for the different meals are grouped according to the kind of nutritive materials which predominate in each, and the groups are given in the

order in which they are usually introduced in family meals. The dishes mentioned are examples only. Housekeepers will readily think of dishes of similar kind which they may prefer. The important thing is to know which foods belong to the different groups and then to see that all the groups are represented in the family meals.

Breakfast.

Breakfast is a much more elaborate meal in some American families than in others. Where it is hearty, all five of the food groups may be represented, though usually in dishes which do not require elaborate preparation, and with much from the bread and cereal group than from any other. When a lighter breakfast is preferred it usually consists mainly of the bread and cereal foods (group 3) with a little fat and possibly sugar (groups 5 and 4) to make it palatable, and perhaps a little fruit (group 1). Such a breakfast is made more hearty by including milk or an egg from the protein group (group 2).

FRUITS AND VEGETABLES. (Representing group 1, depended upon to supply ash constituents and organic acids.)

Stewed prunes, dried peaches, or other dried fruits, or fresh or canned fruits when obtainable at reasonable prices. If preferred, sweet dried fruits, jam, or thick preserves (representing also group 5) may be used instead. Because of their laxative properties as well as food value, succulent fruits are eaten for breakfast, and are particularly desirable if vegetables and other fruits are not freely used at other meals.

BREAKFAST CEREALS AND BREADS.

(Representing group 3, depended upon to supply starch.)

Breakfast cereals—Corn-meal mush, cracked-wheat mush, oatmeal mush, rice, or other cereals. Wheat raised on the farm or bought from a nearby feed store and coarsely ground in a coffee mill is a good homemade cereal. So is popcorn.

Breads—Graham bread, whole-wheat bread, oatmeal bread, wheat-flour and rice bread, muffins, popovers, griddlecakes, etc. With bread, butter (representing group 5) would usually be served, and sometimes with griddlecakes, butter, and sirup (representing group 4) also.

EGGS, MEAT, MILK, AND SIMILAR FOODS.

(Representing group 2, depended upon to supply nitrogen.)

Eggs (scrambled, boiled, poached, etc.), egg toast, meat balls, coldish balls, hash (from left-over or corned meat), and milk.

Milk taken with breakfast cereals or used as a beverage is an important source of nitrogenous material, a glass supplying as much as 3 ounces of lean meat or one egg. Cooking cereals with milk instead of water is a convenient way of adding nitrogenous material to the meal.

SUGAR AND OTHER SWEETS.

(Representing group 4, depended upon for sugar.)

Sugar, sirup, molasses, honey, thick dried fruits, jam, and heavy preserves. Sugar, honey, molasses, or sirups are usually added to other foods in cooking or when they are eaten. Dried fruits may be cooked with cereal and so may take the place of sugar added to them. This group serves much the same purpose in the body as group 3, but is ordinarily used in smaller quantities, but is important for flavor purposes as well as nutritive material.

BUTTER AND SIMILAR FOODS.

(Representing group 5, depended upon to supply fats.)

Cream, butter, and other fats used in cooking, bacon, salt pork.

With the exception of fat meats, the fat foods are usually eaten with other foods, or used in them or in cooking them.

Luncheon or Supper.

Luncheon or supper may include dishes from all five groups, but in simpler form or smaller quantity than at dinner, though such an elaborate meal is by no means necessary. If a light luncheon is desired, group 2 (meats and similar foods) may be omitted or used in smaller amounts, or if a still lighter meal is desired, dessert (represented by group 1 or group 4) may be omitted also. When the other meals are abundant, both meat and sweets or fruit might be omitted, and bread and butter or bread or cereal and milk used alone.

EGGS, MEAT, FISH, CHEESE, AND SIMILAR FOODS.

(Representing group 2, depended upon to supply nitrogen.)

Eggs; thick dried-bean soup (say or two beans or cowpeas, if obtainable, are as desirable as navy or other beans more commonly used); meat-stew soup; tomato cheese and crackers; chicken soup with white sauce; 1 lb. thickened milk sauce; dried beans or peas baked or boiled; baked peanut or other nut loaf (ground or chopped and mixed with bread crumbs, an egg, milk, and seasoning); meat stew or pie (left-over meat or cheap cuts); or codfish balls; sliced meat (from roast of previous day); cold baked or boiled bean salad; canned or fresh fish salad

(If fish may be obtained cheaply); stuffed eggs; egg, nuts, cheese (often used in made dishes or with crackers in place of sweets, dessert), or meat sandwiches; or milk. Either hot or cold dishes are used for luncheon according to convenience. The above list includes both.

BREAD, ROLLS, AND SIMILAR FOODS.

(Representing group 3, depended upon to supply starch.)

White bread, or "light" bread, rye bread, toast, corn bread, rolls, buns, crackers.

Either hot or cold bread may be used as desired. Cooked cereals (see list of breakfast dishes) are suitable for use when a light luncheon or supper is desired.

BUTTER AND OTHER FATS.

(Representing group 5, depended upon to supply fat.)

Butter, cream, table oil, and other fats and oils used on the table and in cooking.

CAKES AND OTHER SWEETS.

(Representing group 4, depended upon to supply sugar and flavor.)

Sugar, jams, jellies, thick preserves, sweet dried fruits, simple cakes, cookies, and "left-overs" from dinner dessert.

FRUITS AND VEGETABLES.

(Representing group 1, depended upon to supply ash constituents and organic acids.)

Fruits (fresh or stewed); warmed-over potatoes; left-over vegetables; fresh vegetables used in salads, such as lettuce, celery, young onions, radishes, etc. Fruits fresh or stewed are commonly eaten at luncheon or supper as dessert. Sometimes fruit is served at the beginning instead of at the end of luncheon or supper.

Dinner.

Dinner is usually the heartiest meal of the day, and commonly a meal at which all the five groups are substantially represented. Generally speaking, the fewer times each group is represented by a principal dish, the simpler the meal. For instance, a dinner with a meat soup and a meat is not so simple as it would be if the soup were omitted. Meals more abundant if several representatives of group 1 (fruits and vegetables) are used instead of only one, and it is a common custom to serve one or more vegetables besides potatoes. Using a simple dessert which requires little time to prepare, such as fresh or stewed fruit or preserves with cake, or omitting dessert altogether, is a good way of simplifying dinner.

MEATS, FISH, CHEESE, AND SIMILAR FOODS.

(Representing group 2, depended upon to supply nitrogen.)

Baked, scalloped, or fried fish, wheat stew, pot roast, or meat loaf with gravy (inexpensive cuts), or other meat and fish dishes; baked beans (soy beans or cowpeas, if obtainable, are as desirable as navy or other beans more commonly used); cheese with macaroni or rice; bean or peanut loaf.

POTATOES, GREEN VEGETABLES, FRUITS, AND SIMILAR FOODS.

(Representing group 1, depended upon to supply mineral matter and organic acids.)

Potatoes, sweet potatoes, turnips, carrots, parsnips, beets, onions, greens (beet tops, kale, spinach, etc.), celery, lettuce, cabbage, collards, tomatoes, green corn, snap beans, green peas, or other green or succulent vegetables grown in the garden or which may be cheaply procured; fresh, stewed, or canned fruits.

Members of group 3, such as rice, hominy, or macaroni, are often served in place of a vegetable. When this is done care must be taken to supply fruits and greens in order that mineral matter and fruit and vegetable acids may not be lacking.

BREADS, BISCUITS, AND SIMILAR FOODS.

(Representing group 3, depended upon to supply starch.)

Wheat bread or corn bread, hot or cold, rye bread, biscuits, rolls, crackers.

Potatoes and sweet potatoes are an important source of starch and similar nutrients in the diet, and in this respect resemble bread and other cereal foods. However, they are included in group 1 because of their special importance as a source of mineral and other valuable substances.

PUDDINGS, CAKES, AND SIMILAR FOODS.

(Representing group 4, depended upon to supply sugar and give flavor.)

Bread pudding, cottage pudding, simple fruit puddings, custard, or other simple made desserts, dried sweet fruits, jams, preserves.

Fresh or canned fruits representing group 1, cheese representing group 2, with crackers representing group 3, or nuts representing group 5, may be used for dessert for variety.

BUTTER, CREAM, AND SIMILAR FOODS.

(Representing group 5, depended upon to supply fats.)

Butter, cream, salad oil, and other table and cooking fats and oils.

The Citizens Office has a well equipped plant and makes your printing.

CANTON

At the Bradbury Memorial Chapel at Canton Point, Thursday, at high noon the marriage of William Orlando Hayden and Miss Vera Lyle Adams was solemnized, the double ring service being used. Rev. Eleanor B. Forbes of Duckfield officiated. To the strains of the wedding march played by Mrs. Merlo Adams the couple entered and took their places at the altar, attended by Mr. and Mrs. Bernard L. Adams. The bride was charming in a gown of white silk, with veil and carried a bouquet of white roses. The chapel was beautifully decorated with bridal wreath and overgreens. Mrs. Hayden is the youngest daughter of Mr. and Mrs. A. H. Adams. She acquired her high school education at Canton and graduated from Farmington Normal School and for the past few years has successfully taught in Rangeley and No. Livermore. Mr. Hayden is the son of Mr. and Mrs. Samuel T. Hayden and was educated in the Canton schools and graduated from Farmington Normal. He has been a successful teacher for the past five years in Rumford, Turner, Farmington and Islesboro. Mr. and Mrs. Hayden are among Canton's worthy young people and hosts of friends extend congratulations. Only the families of the couple witnessed the ceremony. A wedding dinner was served at the home of Mr. and Mrs. A. H. Adams immediately after the ceremony. Later the happy couple mysteriously disappeared, escaping the usual "send-off". They were taken by auto to Lewiston by Lloyd Gray of No. Jay, taking the train there for parts unknown. Mr. and Mrs. Hayden were the recipients of many nice gifts. They will reside for the present at Canton Point.

Mrs. J. E. Hollis has been on a visit to Mrs. Frank J. Caron of Rumford.

Miss Margaret Boucher of Cambridge, Mass., is spending the summer at the home of Mr. and Mrs. C. E. Mendall.

Miss Norma Heald is visiting her uncle, W. J. Heald and family at Rangeley.

Rev. Harry G. Clark and 18 Boy Scouts from So. Portland have been camping for a week at the grove, Lake Anasagunticook.

Miss Ada Bonney, a student at Bates, is home for a vacation.

M. B. Packard is a guest of his son, Arthur M. Packard, and family of Dixfield.

Mrs. Persis L. Noyes, who has been spending the winter in Atlanta, Ga., has been a guest of her brother, Wm. A. Lucas, and wife.

Twins, a boy and a girl, were born to Mr. and Mrs. Percy Gammon of Hartford last week.

David A. Corliss of Hartford passed away June 27, at the age of 55 years. He was born in Sumner, Feb. 7, 1862, the son of David W. and Patty Robinson Corliss, and was one of a family of eight children, one of whom survives, Mrs. Rhoda Lucas of Hartford, who is 88 years of age. Since Mr. Corliss was eight years of age he has resided in Hartford with the exception of a few years spent in Acrostook County. In 1864 he married Cordelia Oldham and two children were born to them, Dr. Walter Corliss of New York, and Alfred C. Corliss, who has resided on the home farm since his father was unable to carry it on alone. Mrs. Corliss passed away Oct. 5, 1887, and later Mr. Corliss married Lydia J. Stetson, who survives. Three grandchildren also survive, Rev. A. P. Corliss of Long Island, New York, Miss Mae Corliss of New York and Miss Emily C. Corliss of Minneapolis, Minn., also a great grandchild, Myrtle Elizabeth Corliss. Mr. Corliss was a member of Canton Grange, of the Canton United Baptist church. The funeral was held Friday at 11 o'clock at the home, Rev. J. N. Atwood of Sumner officiating. Vocal music was rendered by Ernest Stetson and Mrs. Ella Heald. The floral offerings were very beautiful and included an offering from the Grange.

The Ocean Park Study Club met Wednesday night with Mrs. H. P. Hall, Mrs. Jennie Tilley was chosen a delegate to attend the missionary conference held at Ocean Park this month.

Mrs. E. P. Godding and daughter have returned to their home in Canton after a year's absence.

Mrs. Oscar Hardy is at Dr. Conklin's hospital at Portland for treatment.

The Canton Point Circle met Wednesday at the home of Mrs. E. C. Ladd of No. Hartford, twenty-three being present. A most enjoyable day was spent at this hospitable farm house.

Mrs. G. H. Johnson with a party of young ladies have been enjoying a week's camping at Worthy Park.

Rollo Hines has moved to Gilbertville.

Lawrence Fisher and family of Hamlet have moved to Gilbertville. Mr. Fisher is employed as boss of the section.

Mr. and Mrs. John Lavorgna and George Lavorgna have been visiting in Jackson.

Ralph Blanchard of Portland, a

BLUE STORES

Here's Why We Can Fit You!

Our Custom Tailoring Department knows how to measure and describe you correctly.

Ed. V. Price & Co.

design, cut, tailor, and finish our clothes to correspond to your figure and personality.

As their agents we can refer you to a whole lot of our satisfied customers. We have them in plenty.

Our Ready-To-Wear Suits

If you want one to put right on or do not care to go to the expense of a made-to-measure we can show you a good assortment and you will not have to pay war prices.

SUITS \$7.50 to \$22.00.

We have experienced help to make these suits fit you. Changes made free of expense to you.

Come and See Us.

F. H. NOYES CO.

NORWAY 2 Stores SOUTH PARIS

IRA C. JORDAN

DEALER IN

General Merchandise and Haskell's Feed

BETHEL, MAINE

Women's White Poplin and Canvas Pumps

We have a good line of Women's White Poplin and Canvas Pumps, many styles, all prices, \$1.25, \$1.50, \$1.75, \$2.00, \$2.25, \$2.50 and \$3.00. They are good values all of them.

E. N. SWETT SHOE CO.

Opera House Block, Telephone 38-2

NORWAY, MAINE

GROVE HILL.

Ingralls McAllister and family spent last week in Stoneham.

Mr. Robert P. Phipps of Wakefield, Mass., Auditor for the Aetna Liability Insurance Co., is spending a two weeks' vacation at N. A. Stearns'.

Mr. and Mrs. Malcolm Jordan and daughters, Gladys, Marion and Eleanor, and Mr. Clarence Meserve from Mechanic Falls drove to Bethel, Saturday in Mr. Meserve's machine. Mr. and Mrs. Jordan returned to their home Sunday and the remainder of the party are guests at Maurice Tyler's for over the Fourth.

Miss Owendolyn Stearns goes to Auburn, Mass., Thursday, where she will continue her studies in the summer art school at Lowell Seminary.

Alton and Edwin Hatchinson recently had a flag raising.

Mr. and Mrs. Ceylon Harding and son from South Paris have been visiting at Clyde Whitman's.

Recent guests at Harry Lyon's have been Mr. and Mrs. Leslie Pratt and Mr. and Mrs. Elmer Lyon, all of Auburn.

Mrs. Roy Grover from Gorham, Me., has been visiting her sister, Mrs. Fred Mundt.

Mrs. A. L. Whitman was in Portland, Saturday.

Mrs. Annie M. Brown from Hanover is the guest of her brother, N. A. Stearns.

Great bargains in Millinery and many other goods at L. M. Stearns'. See advertisement and posters.—Adv.

NEWBY.

The school closed here last Friday and every one was disappointed that it rained so hard as the teacher had planned a picnic for parents and scholars.

Joe Guilmond has finished peeling poplar for Frank Douglas. Leon Hanson went to West Bethel last Saturday.

Dietha Powers called at A. H. Powers' last Sunday.

Don't fail to visit our store and look over the mark downs. L. M. Stearns'.

Summer Savings

On Our Spring Coats and Suits.

We have nearly all sizes for you to select from now.

Quite a few in the Wooltex garments in staple styles that will look rich for several seasons yet.
Suits Savings, \$3.00 to \$10.00.
Coat Savings, \$2.00 to \$10.00.

NEW PARASOLS.

Beautiful new colorings, many stripes in contrasting colors. Handles are shorter and larger this season with rosette of silk to match top.
Ladies' Parasols, \$1.00 to \$3.95.
Children's sizes, 50c.

SUMMER SWEATERS.

The new summer shades, Rose, Yellow, Purple, Green, Blue, Soft wool weaves that look almost like the hand knit or crocheted ones that are so popular. White or fancy stripe collar, cuffs and girdle, all sizes. Three prices, \$1.95, \$6.45 and \$7.45.

BUNGALOW APRONS.

Nothing cooler for a work dress than these inexpensive Dress Aprons. Light, medium and dark percales, some have elastic waist line, and others have belt of same material, some have white collar and cuffs.
Prices 75c, 85c, \$1.00, \$1.25, \$1.50.

CHILDREN'S DRESSES AND KOMPERS.

Good assortment of styles in fast color Gingham and Pop-lins. Sizes come 2 to 14 years.

Big values at 50c, 75c, 95c, \$1.50.

NEW NECKWEAR just in from several manufacturers, all the newest ideas, 25c, 50c, \$1.00, \$1.50.

FLAGS FOR YOUR CAR.

Small silk flags, United States, English, French, Belgium, Russian. Just right to go on the radiator cap for your car. Flags 25c each. Holder 50c, will hold from one to five flags.

BROWN, BUCK & CO.

Norway, Maine

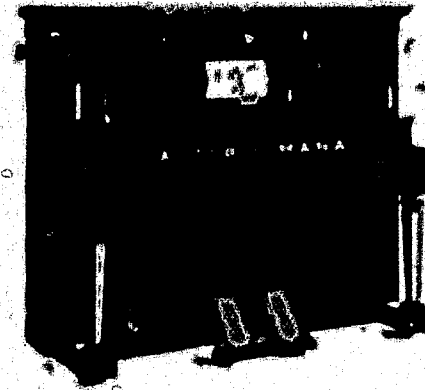
Mr. and Mrs. Harlan Wheeler, who have been at Orléans for several months, returned to Bethel for the summer.

Mr. Oscar Mason of South Paris was the guest of his sister, Mrs. Ellen Merrill, the first of the week.

Mrs. Harriet White and two sons of Bradford, Mass., are the guests of her parents, Mr. and Mrs. William Lewis.

Mrs. W. C. Paris went to Auburn, Monday, to spend the week with her son, Dr. Baker, and family.

"Always Loved Music-- Now Able to Play"



That's the experience of Hundreds and Thousands just like you. They have always loved music, always wanted to be able to play the Piano, or Playing, wished to play better; and now--Now, with the Playerpiano, enjoying the power to play any time they feel like playing!

That's just the wonderful thing about the Playerpiano. It makes your dreams come true! It brings to you instantly the facility which you have long craved in others, whose life was so arranged as to permit them to master the piano while you were denied this Opportunity.

Love of Music, desire to play--and now, ability to play the piano as you wish--these spell Happiness. Come in To-day. Write for catalogues and prices.

W. J. WHEELER & CO., South Paris, Maine

"Safety First" For Automobile Owners.

MR. CAR OWNER--

Now that you are thinking about how soon you can get your car out for the 1917 season is the time for you to think about placing **INSURANCE FOR THAT CAR.**

PROTECT YOURSELF AGAINST LOSS of your car by FIRE, LIGHTNING & THEFT. Our policies cover the car at all times wherever it may be, on the road, or in any building in this country or Canada.

PROTECT YOURSELF against possible suits for personal injury, damage to property of others, and damage to your own car by collision, by a LIABILITY, PROPERTY DAMAGE, and COLLISION policy.

WE HAVE THE COMPANIES! THEY ARE THE BEST YOU HAVE THE CAR AND YOURS IS THE LIABILITY. **WE'LL BELIEVE YOU OF THE LIABILITY.** and it won't be necessary for you to have the car in to pay the premium either. **THE RATES ARE REASONABLE.**

BOY! NOW,

STUART W. GOODWIN

NORWAY INSURANCE MAINE

BETHEL AND VICINITY.

Miss Alice Mason left for Melrose, Mass., Monday.

Mr. Earl Watson of Gorham, N. H., was in town, Saturday.

Mrs. Ellen Gould of Lewiston called upon Mrs. Furlington, Monday.

Mrs. Harry Brown will entertain the Weefall Club, Friday afternoon.

Mrs. Fred Philbrook spent a few days in Orléans the first of the week.

Miss Adelaide Jamell is assisting Mrs. Wallace Clark with her housework.

The Ladies' Club will hold their mid-summer Fair and Sale Thursday, Aug. 16th.

Mr. and Mrs. Fred C. Dean of East Bethel were calling on relatives in town last week.

The Duxbury Club went to "The Birchens" at West Bethel last Thursday on a picnic.

Mrs. Annie Willey is spending the week with her sister, Mrs. Richard Gates, at Paris.

Mr. and Mrs. Adelbert Pennock from North Waterford visited his sister, Mrs. A. M. Taylor, Friday.

Dr. Morris Brown of Dorchester, Mass., is a guest of his brother, Dr. E. L. Brown and family.

Mrs. W. B. Chapman left for Chicago, Sunday evening, to visit her mother for a short time.

Mr. N. B. Springer and family are spending a few days at their cottage at Poland Camp Ground.

Dr. Wild Twaddle and son, John, of Fryeburg were guests of Dr. and Mrs. J. A. Twaddle last Thursday.

Mrs. Arthur Willey and daughter, Olive, of Bar Mills, Me., are guests of Mr. F. L. Edwards and family.

Dr. J. H. Wight and family attended the Howard family reunion at Hanover, Saturday, there being seventy-six present.

Mrs. George Davis and Miss Helen Grish of Milford were guests of Mr. Edmund Merrill and family last Thursday.

Mr. Fred Clark and Mr. Thomas Brown were in Mechanic Falls last week doing carpenter work for Elmon Jordan.

Miss Gertrude Bailey was the guest of Mrs. Alfreida Edwards at her camp, Elmyr Dell, at Locke's Mills the first of the week.

Miss Mary B. Merrill, who has been spending several months in Portland, has returned to Bethel and is with Miss Annie Frye.

The first of the week Miss Maria Ponce sent 28 sweaters, 32 pairs of wristers, 48 neckties and 4 neckties to the Navy League.

Mr. and Mrs. Lester Fink, who have been spending a few weeks with relatives in town, returned to their home in Portland, Monday.

Miss Clark of Portland arrived Sunday to care for Miss Annie Frye. Friends will be glad to hear that Miss Frye is gaining slowly.

Mr. and Mrs. Wm. Hart and grand-children, Willis Adams and Nellie Hart, of Hallowell called on her sister, Mrs. A. M. Taylor, Tuesday.

Misses Frances and Florence Carter have returned from Portland, where Florence was in the hospital for surgical treatment. She is much improved in health.

Mrs. Roy Brown and daughter of Berlin, who have been spending a few weeks with Mrs. Brown's parents, Mr. and Mrs. Wm. Phillips, went to Locke's Mills last week to visit friends.

Mr. J. A. Thurston and family, Mr. and Mrs. G. L. Thurston and Mr. and Mrs. Howard Thurston were among those who attended the funeral of their brother, Mr. Howard Thurston, at Berlin last Friday.

Mrs. F. J. Tibbitts, who has been visiting relatives in Brunswick, returned home Tuesday, accompanied by her niece, Miss Christine Partridge. Miss Tibbitts returned to Brunswick to visit her mother.

Don't fail to visit our shop and look over the stock of L. M. Stearns.

Dr. L. H. Wight was in Portland one day last week.

Mr. and Mrs. Austin Jodrey and baby were in Norway, Monday.

Remember the Universal Fair and Supper, Wednesday, July 5.

Miss Ruby Smith is home from Berlin for the summer vacation.

Mr. A. Frank Stevens was in South Paris, Sunday, to visit his family.

Dr. E. L. Brown and family were Sunday guests of his mother at Norway.

Mrs. Nahum Barker is spending a few days with relatives in Hanover.

Deputy Sheriff G. L. Davis was a business visitor in Bangor the first of the week.

Miss Annie Chipman of Portland was the guest of friends in town a few days last week.

Judge A. E. Herrick was in Brunswick, Monday, to attend the funeral of Pres. Hyde.

Mr. and Mrs. Lord of South Paris were guests of Mr. and Mrs. Harry Sawin, Saturday.

Mr. Frederick James has completed his duties with Mr. Fuller and has gone to New York.

Mr. Winfield Howe of Company D, National Guards, has been promoted to the rank of Corporal.

Mrs. Rebecca Laboll of Norway was a guest of Mr. and Mrs. D. T. Durell a few days last week.

Mrs. Luella Pennock returned to her home in Waterford Sunday, after visiting her daughter, Mrs. Taylor.

Supt. and Mrs. F. H. Byram left Sunday for their home in Freeport, where they will spend the summer vacation.

Mr. Harry Young went to Lenoxville, Wednesday, where he will be employed as clerk in the station for the summer.

Little Barbara Hutchins of East Weymouth, Mass., is the guest of her grandparents, Mr. and Mrs. R. A. Skillings.

Master Earle Bartlett of Rumford was the guest of his grandparents, Mr. and Mrs. Levi Bartlett, one day last week.

Mrs. F. P. Chandler returned to Auburn, Sunday, having spent her vacation with her parents, Mr. and Mrs. F. S. Chandler.

Mr. and Mrs. A. M. Beaz of East Bethel and Mrs. Sarah Rich of Berlin were calling on relatives and friends in town, Tuesday.

Mr. and Mrs. Gilbert Tuell and Miss Caldwell with Mr. A. Van Den Kerkhoven as chauffeur motored to Portland one day last week.

Mr. and Mrs. H. C. Rowe and son, Herbert, have gone to their camp at Locke's Mills, where they will spend the summer vacation.

Mrs. T. B. Burke and son, Albert, and Mr. and Mrs. David Forbes were guests of Mr. and Mrs. A. N. Twitchell at Gorham, N. H., Sunday.

Mr. and Mrs. Collins Morgan returned from Portland, Tuesday, where they were called Saturday by the death of their son-in-law, Michael O'Day.

Mrs. O'Day of Portland, who was the guest of her parents, Mr. and Mrs. C. F. Morgan last week, was called home by the sudden death of her husband.

Mrs. E. L. Arne and daughter, Hazel, who have been spending a few weeks with relatives in Orléans, N. H., returned to their home on Mechanic street, Wednesday.

Mrs. Jennie Ponce has completed her duties at Mr. Charles Valentine's and is taking Miss Hazel Douglas' place at Mr. Ceylon Rowe's during Miss Douglas' vacation.

Mrs. R. T. Russell and daughter, Miss Shirley Russell, and Miss Isabel Shirley arrived in Bethel, Tuesday, to spend the remainder of the summer at their summer home.

Mr. Howard Maxon, Dr. Moenchow and Mr. Alvin Black of Norway were guests of Mr. W. H. Young's, Sunday, and Ralph Young accompanied them on a fishing trip to Mechanic Lake, Monday, to spend a few days.

Greenhousenotes in Millicent and many other guests at L. M. Stearns. See advertisement and prices--Advs.

To The People of Bethel and Vicinity:

I have opened a Cash Grocery Store at the place formerly occupied by Allen's Market with a fresh stock of groceries, tobaccos, fruits and vegetables, and shall be pleased to see all former patrons of the store and many new ones.

FRED E. WHEELER

MARK DOWN SALE

MONDAY, JULY 9th

Sale Continues One Week Only

All Millinery Marked Way Down.

Untrimmed Hats from 25c up.

Trimmed Hats from \$1.00 up.

One Lot Flowers only 19c bunch.

Shirt Waists and Muslin Underwear included in this sale, also other goods not mentioned.

L. M. STEARNS

Main Street,

Bethel, Maine

Building Material

Do not think that prices on all kinds of building material have been advanced. Fortunately we had a large stock of many kinds before prices commenced to leap and we are giving our customers the advantage in those items. For instance:

7-16 Yellow Pine Sheathing,	\$30.00
13-16 Yellow Pine Flooring,	\$35.00 to \$65.00
13-16 Hardwood Flooring,	\$50.00 to \$80.00
13-16 Novelty Siding,	\$2.00
Roofing,	\$1.25 to \$1.75 per square

While Doors and Windows are higher we are below market price.

Our stock of Mouldings is complete at old prices.

Packing and Trucking free.

CHAS. G. BLAKE

NORWAY,

MAINE

COTTAGE STUDIO ITEMS

Norway, Maine

For one year we have made very satisfactory Kodak prints at prices which please our patrons:
Vest Pocket and small sizes, \$0.02 each
Brownie No. 2, \$0.03 each
Brownie No. 2A and No. 2, \$0.04 each
Brownie No. 2A (Post Card), \$0.05 each

We furnish very convenient mailing envelopes for roll films.

It is now time to graduate High School Classes. When we recover from our part of it we will have another picture item.

The Fourth passed very quietly. Small boys were out in force the night before playing their usual pranks.

Mr. and Mrs. George Hall and Mr. and Mrs. Ezra Norcross of Lewiston were calling on relatives in town the Fourth.

Mr. and Mrs. Daniel Hill and friends from Norway were guests of his sister, Mrs. Arthur Douglas, one day last week.

The Egg rolling and ice cream sale held on the lawn at A. F. Copeland's the Fourth netted the Relief Corps over \$11.00.

Mrs. Lewis Marston and daughter, Florence, of Auburn, are the guests of F. H. Bennett.

Charles Kimball and Maxine O'Dough were in Waterford, Sunday.

Mrs. Will Lewis of Bethel, with her daughter, Mrs. Harriet White, of Hanford, Mass., called on Mrs. Abner Kimball, Monday evening.

Miss Florence Cassens spent Tuesday at Bangs Lake Cottage, the guest of Miss Orléans and Jennie Kimball.

RUMFO

Arthur Gauthier and in a short time begin of a wholesale grocery of their present storeroom.

Fred Andrews has her house on Lincoln soon to the vacated Lewis Smith, who are land.

Among the recent auxiliary Red Cross at Osgood Eaton W. R. Club, \$25. W. C. T. U. Hebrew Association, Club, \$15. The recently amounted to over \$25.00. The party netted the In Mexico \$31.50. sold on Tag Day, \$3.00. The party, and the \$5.

John Webber is to house on Urquhart at by Fred McPherson. Mr. itly are to go to W. take up their future.

Chester Nelson is a summer vacation with his Joseph Duceit has a acts to visit friends strength after underg Mrs. Charles Had treatment at the McO

Miss Alice Brown h Frances Wheel as Methodist church.

Miss Priscilla Frow lan, N. H., to spend her grandmother.

Ada Henry is clerks ford Public Market. Harold Pearson ha "Lake View Lodge," to Mr. Newton.

Miss Elizabeth Aus month with her grand Miss Abbie Perry i cation with friends in Elmont Draper has the sulphite departmen tional mill.

Abe Goblentz has g spend his vacation. Mrs. Sculley of Bidu a few weeks with M Arthur Curran has a at the Poland Spring summer months.

Harry Cohen of Po his father in the bot few weeks.

George R. Ashwort Donald, two young law have signed up with tillory, and are ready Erwin Kilgore is v Mrs. Ida Jones, in Ch

Mrs. Blanche Wynn Lakes, where she will at the "Barker" for the season.

Emerson Hawley, w played in the office of Paper Bag Mill, has a sition in the office of Mill.

Neal Nolan has Springs where he has the summer months.

Miss Bertha Keenan ating relatives in town Floyd Swett, who h with blood poisoning, at this writing.

The Rumford Retal association have announ the months of July at clothing, dry goods, be clay, tailor, milliner, stores in Rumford will Tuesday. The hardw closed each afternoon

Mr. John McCarthy, Matthew McCarthy o been nominated as ca ernor at the Conventi ist party of the State

Mr. Nahum Moore, Moore, who is home t lega for the summer m ed a position in the O Mrs. Nahum Moore her daughter, Mrs. L few weeks.

Owing to the scarc of raw materials, at state of the market f dert, as well as the g tery condition of the the Fort Hill Chemi

A FINE CO

AND A FAI

generally indicate good gestion and right livi wants to keep free fro tain a smooth, fair sh the natural color of be siderable degree, it is If you like closely, enough deep, exercise all things, keep your d working properly, you and to look younger, in in every way.

If you are trouble complexion, or bilious weeps medicine will right to overcome you restore the glow of yo with the fresh, clear l before, at 25 cents, at you be free from it. L Portland, Maine.

RUMFORD

Arthur Gauthier and Company will in a short time begin the construction of a wholesale grocery store on the site of their present storehouse on Railroad street.

Fred Andrews has leased the Scribner house on Lincoln avenue which is soon to be vacated by Mr. and Mrs. Lewis Smith, who are moving to Portland.

Among the recent gifts to the local auxiliary Red Cross are the following: Osgood Eaton W. R. C., \$25; Quaid East Club, \$25; W. C. T. U., \$15; Woman's Hebrew Association, \$5; Searchlight Club, \$15. The receipts from Tag Day amounted to over \$250; the Red Cross whist party netted the sum of \$111.25; in Mexico \$31.50 worth of tags were sold on Tag Day, \$30 obtained by a whist party, and the G. A. R. donated \$5.

John Webber is to move into the house on Urquhart street to be vacated by Fred McPhee. Mr. McPhee and family are to go to Worcester, Mass., to take up their future residence.

Chester Nelson is enjoying the summer vacation with his parents.

Joseph Ducret has gone to Massachusetts to visit friends and to regain his strength after undergoing an operation.

Mrs. Charles Hodson is receiving treatment at the McCarty Hospital.

Miss Alice Brown has succeeded Miss Frances Wheat as organist at the Methodist church.

Miss Priscilla Frew has gone to Milan, N. H., to spend the summer with her grandmother.

Ada Henry is clerking in the Rumford Public Market.

Harold Pearson has sold his camp, "Lake View Lodge," at Worthley Pond to Mr. Newton.

Miss Elizabeth Austin is spending a month with her grandparents at Bangs.

Miss Abbie Perry is enjoying a vacation with friends in Augusta.

Elmer Drape's has gone to work in the sulphate department of the International mill.

Abe Cohent's has gone to Natick to spend his vacation.

Mrs. Scully of Biddeford is spending a few weeks with Mrs. Nolan.

Arthur Curran has accepted a position at the Poland Spring House for the summer months.

Harry Cohen of Portland is helping his father in the bottling shop for a few weeks.

George R. Ashworth and Peter McDonald, two young lawyers of Rumford, have signed up with the Milliken artillery, and are ready to go when called.

Erwin Kilgore is visiting his sister, Mrs. Ida Jones, in Camden.

Mrs. Blanche Wynnan has gone to the Lakes, where she will act as waitress at the "Barker" for the remainder of the season.

Emerson Hawley, who has been employed in the office of the Continental Paper Bag Mill, has accepted a like position in the office of the Oxford Paper Mill.

Neal Nolan has gone to Poland Springs where he has employment for the summer months.

Miss Bertha Keefan of Boston is visiting relatives in town.

Clay Swett, who has been suffering with blood poisoning, is much improved at this writing.

The Rumford Retail Merchant's Association have announced that during the months of July and August all the clothing, dry goods, boot and shoe, jewelry, tailor, millinery and furniture stores in Rumford will be closed all day Tuesday. The hardware stores will be closed each afternoon of these days.

Mr. John McCarthy, brother of Judge Matthew McCarthy of Rumford, has been nominated as candidate for Governor at the Convention of the Socialist party of the State of Massachusetts.

Mr. Nahum Moore, son of Mrs. Lucy Moore, who is home from Bowdoin College for the summer months, has accepted a position in the Oxford Mill.

Mrs. Nahum Moore is the guest of her daughter, Mrs. Lucy Moore, for a few weeks.

Owing to the scarcity and high price of raw materials, and the unsettled state of the market for its finished product, as well as the general unsatisfactory condition of the labor situation, the Fort Hill Chemical Company has

generally indicated good health, good digestion and right living. Every woman wants to keep free from wrinkles, to retain a smooth, fair skin, clear eyes, and the natural color of her face, and to a considerable degree it is possible to do so. If you live simply, breathe deeply, get enough sleep, exercise enough, and above all things, keep your digestive apparatus working properly, you are likely to feel and to look younger, stronger and better in every way.

If you are troubled with indigestion, constipation, or biliousness, Dr. Williams' Pink Pills will help you get your right to overcome your ailments, and to restore the glow of good health, together with the fresh, clear complexion which belongs to everyone in health. Large bottles, 50 cents, at your druggist. Same free from Dr. J. C. Williams, Co., Portland, Maine.

at Watford in the mother, Mrs. H. E.

Kimball of the mother, Mrs. H. E.

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MUST BELIEVE IT

When Well-Known Bethel People Tell It So Plainly

When public endorsement is made by a representative citizen of Bethel the proof is positive. You must believe it. Read this testimony. Every sufferer of kidney backache, every man, woman or child with kidney trouble will do well to read the following:

G. L. Davis, coal dealer, Main St., Bethel, says: "My back troubled me on account of doing heavy lifting. It was a dull ache across my kidneys and my kidneys acted irregularly. Doan's Kidney Pills, which I got at Besserman's Drug Store, relieved my back and regulated the action of my kidneys. I take them now as a kidney tonic and am always promptly benefited. I place great confidence in them."

Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Davis had. Foster-Milburn Co., Props., Buffalo, N. Y. Adv.

decided to shut its plant down indefinitely. If conditions improve sufficiently to warrant it, the plant may start up again in the fall, but the outlook is very unfavorable, so that if another use cannot be found for the power, the plant will in all probability be finally dismantled. The plant will operate at part capacity during July, with practically the whole operating force, but after that the crew will be cut down as occasion demands.

The engagement is announced of Miss Marie Bartlett, daughter of Mr. and Mrs. Fred Bartlett of Lincoln avenue, to Mr. Robert Wyman.

Mr. and Mrs. George Gates and daughter, Norma of Strathglass Park, are spending a week at their camp at Worthley Pond.

Mr. and Mrs. John Martin and two sons have left for their camp at Fryeburg to spend the summer months.

Mr. Edward Sheehan is at the Central Maine General Hospital in Lewiston, where he has undergone a slight surgical operation.

Mr. and Mrs. Leon Paine of Franklin street and Mrs. Paine's mother, Mrs. Biory, have left for Litchfield, Me., to spend the summer. Mr. and Mrs. Paine will spend a great deal of the time at their camp at Patten, Me.

Mrs. Harold Goldard and son, Harold, are spending the month of July with Mrs. Goldard's parents, Mr. and Mrs. Fred H. Atwood of the Virginia District.

The marriage of Miss Marie Lovejoy, daughter of Mr. and Mrs. Elmer L. Lovejoy of Franklin street, and Mr. Carlton Amory Dennis took place at the home of the bride on Wednesday evening of last week. After a honeymoon trip of two weeks the young couple are to reside on Lincoln avenue.

Dr. Andrews, the nose, throat, eye and ear specialist, has discontinued his office in Rumford, and will hereafter be found only at his office in Lewiston.

Owing to the serious illness of Mr. H. L. Elliott, superintendent of the Rumford and Mexico Water District, beginning July 1 Mr. Charles Tain will enter the employ of the Water District as acting superintendent.

The marriage of Miss Blanche Whyte and Rev. W. W. Laithe, Methodist pastor at Rumford Centre took place last week in Portland, Me. Miss Whyte has been a most successful nurse in Rumford for the past two years. After a short trip they will return to Rumford Centre about July 15, where they are to reside.

Miss Yvette Gonyea is at home for the summer which will be spent with her parents, Mr. and Mrs. Oville J. Gonyea on Penobscot street, after having spent the year at her studies in the Villa Maria College.

Friends of Miss Geneva McDaniel of Gorham, Maine, a former teacher in the Chisholm school of Rumford, were some surprised to learn of her marriage last week to Corporal Wesley Woods of Company B, 2nd Maine Infantry, N. Y. H. H. and formerly of Rumford, but more lately of Portland, where he was, before being summoned to guard duty, employed by R. C. Bradford in his office.

Corporal Woods, expecting to be called away at any moment, the young couple decided to be married before he was obliged to leave. A few very intimate friends of Rumford were left in on the secret, and went to Bethel to attend the ceremony.

Master Norman Young, son of Mr. and Mrs. Adam Young, is suffering from whooping cough.

Mrs. Percy Sweetser and Miss Florine Bennett left this week for a fortnight's vacation, which will be spent at Bryant's Pond.

The marriage of Miss Mary Pillsbury, former clerk in the office of the Maine Telephone and Telegraph Company, and Mr. Alex Thomas took place on Monday of this week at St. John's church. The young couple are spending their honeymoon at Worthley Pond in

"Sleepy Hollow" camp, owned by Wallace Stevens.

Master Sherwood Howard of Strathglass Park is the guest of his sister, Miss Gertrude Martin, in Portland.

Dr. and Mrs. Burton W. Trask and family are on a "ten days' automobile trip to Dr. Trask's old home in Damariscotta, Me., and also to Portland. Master Warren Trask has been at Damariscotta for some time, and is still to remain after his parents returned to their home in Rumford.

The friends of Nahum Moore of Rumford were much pleased to learn that he has been awarded the Highland Lookout Fairbanks prize for excellence in public speaking at Bowdoin College.

Yeo Small, son of Turnkey W. W. Small of Farmington, for many years of Rumford, has been reappointed chief game warden of Franklin County. Mr. Small has also been re-elected principal of the Scarborough High school, and will return there in September. Mr. Small is a frequent visitor in town at the home of his aunt, Mrs. James McGregor, of Franklin street.

Donald Ricker, son of Mr. and Mrs. Archie Ricker, is employed for the summer in the Fernald Drug Store. Mr. Ricker is in town for six weeks, to substitute in the Bowers Pharmacy.

Mrs. Nellie Harriman of the Virginia District, who suffered a serious illness in the spring, has left town for the summer, but her son, Richard, will remain in town, having secured employment here.

Mr. and Mrs. David Moler are contemplating leaving in September to make their home in Bridgeport, Connecticut, where their daughter, Mrs. Fred Fish and her family are living.

Already Miss Cecelia Moler, a younger daughter, has gone to Bridgeport, as have Mr. and Mrs. Irving Fish, Mr. Fish being a brother of Fred Fish.

Mrs. Nathan G. Foster is ill from a severe throat trouble.

Charles Hunklon, for some time employed in the wood buying department of the Oxford Paper Mill under Daniel B. Morris, is now transferred to New York, has resigned his position, and has taken a position in the engineering department at the International Paper Mill here. Mr. Leroy Fluke, formerly employed at the Oxford Paper Mill, is this summer a bookkeeper at the Rumford Garage.

Miss Edna Lord has been spending a week in Augusta and vicinity, during which time she attended the annual reunion of the Hallowell High school.

Mr. and Mrs. C. Osgood have been spending this week at their camp at South Rangolety.

A party of Rumford people started this week on a western trip by auto, which party included Miss Mary Farrell, Mrs. Fred O. Walker and Miss Lillian Lampher, who has been teaching at Smithville the past year, and who takes this trip before returning to her home in Brooks for the summer vacation. The party will visit several western cities going down the Illinois River to Peoria, and also going over the line to Canadian cities. The return trip will be made down the Hudson River, and by the Fall River line to Boston.

Schools in town closed Friday, June 29. A very interesting entertainment was given by the three schools, Thursday evening at Kilgore's Hall.

Miss Carrie Wight came home from Machias, Saturday, making part of the trip by auto with her brother, who lives at Skewhegan.

Mr. A. L. Davis of Errol, N. H., was a guest at C. C. Bennett's, Thursday night.

J. E. Wight went to Rumford, Thursday, to meet the State Assessors.

Mabel Bailey is working at Poplar Tavern.

Mr. and Mrs. L. H. Wight and Mr. and Mrs. P. W. Learned attended the graduation exercises of Errol High school, June 28. Wight and Learned's orchestra furnished music. Others who attended from this place were Ralph Frost and Darwin Sweetser and wife.

Mr. and Mrs. Clarence Berry are receiving congratulations on the birth of a son.

Mrs. Martha Cook and daughters, Eva and Ruth, are visiting relatives in this place.

Morton Kilgore has been home on a short visit. His son, Earl, accompanied him back to Vermont.

Ernest Ramey went to the hospital at Lewiston to undergo an operation for appendicitis.

Great bargains in Millinery and many other goods at L. M. Stearns'. See advertisement and poster—Adv.

Mrs. Marjorie Jordan went to Lewiston, Saturday.

Elmer Stever is working in the woods for Myron Merrill.

Mrs. Bertha Maudt and son, Malcolm, of Greer Hill, and Mrs. Carrie Greer of Gorham, Me., called at St. O. O. Greer's, Sunday.

W. W. Hastings of Bethel was in town, Friday.

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WEST PARIS

Arthur Flavin was at home from New York City for a few days last week before leaving for France as a Red Cross nurse. Wright Flavin and Roy Young are to go to France for trainmen. They left Thursday.

Arthur, Wright, Ethel and George Flavin recently took a trip to Lewiston in J. W. Cummings' new car. It is a 6 cylinder seven-passenger Reo and it is a beauty.

Last week Mrs. Dwight a Ball visited Oakland and Fairfield in the interest of Sunday School work and was also a guest for a day or two of Mrs. John Wadsworth and family at Skowhegan.

Ethel Brock is at home from Farmington Normal. Mrs. Henry Brock went over to the graduating exercises. Miss Clara Bacon is at home from teaching at Farmington.

Mrs. Abner H. Mann is entertaining her cousin, Miss Lillian Winslow, and sister, Miss Winifred Winslow of Portland.

Jefferson Chapter, O. E. S., of Bryant's Pond visited Granite Chapter, Thursday evening. Jefferson Chapter did the degree work. Refreshments were served.

Mrs. Aaron Cox, accompanied by her husband, son Johnnie and Dr. Staples, went to Lewiston, Thursday, where Mrs. Cox will remain at the Central Maine General Hospital for treatment.

Mrs. Harry Patch and little daughter, Mary, returned from the Central Maine General Hospital in Cummings' car on Thursday. They had been at the hospital for nearly two weeks for treatment for Mary Elizabeth's elbow which she had the misfortune to badly fracture when visiting relatives with her mother at Millettville, Norway.

She was swinging around a piazza post and fell a distance of less than a foot striking on her elbow. She was taken at once to Truitt's Hospital at Norway and later to Lewiston, where an X-ray examination was made. Her arm is in a cast and she is comfortable.

Dr. and Mrs. Baldwin of Portland recently visited her father, A. B. Marshall, and family. Mr. and Mrs. F. S. Briggs came up in the auto with them and were guests of Mrs. Briggs' mother, Mrs. Sara Curtis.

Miss Laura Emery has gone to the seaside for the summer.

Mrs. Nellie Moody of Locke's Mills was in town, recently.

The Methodist Ladies' Aid held a strawberry festival, Friday evening.

Mrs. Ella Haines of Somerville, Mass., was the guest of her brother, Lewis M. Mann, recently.

The Baptist church has received two coats of paint which must improve the appearance of the building.

Mrs. Johnson and little son of New Hampshire are visiting her sister, Mrs. S. R. Johnson.

More people would come out on top if they were willing to start at the bottom.

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More people would come out on

POEMS WORTH READING

IF WE HAD TIME

If I had the time to find a place
And sit me down full face to face
With my better self, that cannot show
In my daily life that makes me so
It might be then I should see my soul
Was standing still toward the shining goal.
I might be served by the thought
sublime—
If I had the time!

If I had the time to let my heart
Speak out and take in my life a part;
To look about and to stretch a hand
To a comrade quartered in No-Man's-land;
Ah, that, if I might but just sit still,
And hear the note of the whippoorwill,
I think that my wish with God's
would rhyme—
If I had the time!

If I had the time to leave from you
How much the comfort my word would
do.
And I told you then of my sudden will
To leave you just when I did you ill;
If the tears streak of the coldness
faded,
And the wrong be quite ex-
plained,
How much the smile of us all would
shine.

If we had the time
as we do
GRANDMOTHER—(OVERHEARD)
George McCulloch,
We met her last today,
As she started on her way
To the school.

Her face—'t was so good,
In that aged little face—
All browned,
She smiled as we went,
Though the weather may be bleak,
As November.

He was so very dear,
All the folks tell me here,
Who remember,
The time was long ago
Though it seems to others so—
Not to her.

They tell him in the ground—
Now the day covered round—
"Watch the sky,
She looks at me as bright,
As in the early morning light,
As in youth.

Though drifting with the tide,
Her life shines out as wide,
As the trail.
The best of all her years,
And she leaves a happy face,
Where she goes.

His life is happy there,
Where the sweetest another's care,
And his own.
She points them to a friend,
Who'll be with them to the end,
Of all care.

A friend whom she had found,
When she'd fallen to the ground,
The name we love to hear,
Quickly drives away a tear
From the eye.

The loveliest she has taught,
We'll keep sacred, to a thought,
Till we die.

GOD PUT THEM ALL
Josephine Smith Brooks.
God put the men in the trenches to
fight
As the storm beat down in their fury
and might.
And put the wives of the trooped
men
As they saw and felt the hardships
in when
Young children and infants at fam-
ished breast.

Men, wrap and hug for home, peace
and rest
And put them all!
God put the widows, whose dear,
smiled boys
Lie in rest and end the sad battle's
noise.
And put the aged, left all alone,
With no one to care, and none to be-
lieve.
And put the old, with its wings
of peace—
The peace that will cause all else were
to cease.
And put from the arms of God war
that's the cause of pain and sorrow.
God put them all!
Cumberland, Maine.

SPRING OF LIFE
Back to the land,
(New York World)
Back to the land to the very valley,
Back to the land to the very valley,
To the fields and the woods and the
mountain side, back to the very valley
of peace.
Back to the land to the very valley,
Back to the land to the very valley,
Where the rainbow painted upon the
cloud and the rainbow painted upon the
cloud.
Get up much more before the sun and

milk the loving knee,
And carry the oats and hay and corn
to the horses, sheep and swine;
Bring in the wood and the water, too;
Enough to last all day;
Then breakfast eat by candlelight,
and bed to the fields away!

Follow the plow from morn till night,
scatter and sow the seeds,
Then get the hoe and hurry along and
chop down all the weeds;
Plant for eggs in the old hay-loft, and
take your weekly turn
Adjoining along the women folk by
working the butter churn.
But oh for the glorious harvest-time
when you gather the wheat and
rye,
With the mercury ninety in the shade
and the sun in a cloudless sky!
You reap and mow and garner the
crops and never mind the sun,
And eat your supper by candlelight
when the harvest work is done.

Gather the autumn's golden fruit from
the orchard's loaded trees.
Husk the corn that the frost has nipped
till your hands begin to freeze;
Off to the woodshed day by day while
the weather still is good,
Hauling the rails to mend the fence,
chopping the winter wood;
Then do the chores that you did at
morn, and after the stock is fed
Wind up the clock and put out the cat,
and then you're off to bed.
Back to the land all ye who will, but
I'll go back no more,
For I got all that was coming to me
when I was there before!

HOME COMING.
When life's hours of toil are ended,
And my day draws to a close,
When the bells of evening chiming,
Call me to my long repose,
Happily my feet shall hasten,
And my eyes shall look to see,
Standing close by Heaven's portals,
Loved ones waiting there for me.

They who long from that far country
Watched me as I faltered on,
In earth's weary round of labor,
Strength and courage almost gone.
When they see me drop life's burden
And to Heaven's refuge flee,
Swift will gather round the portals
Loved ones waiting there for me.

And when on their silver fingers,
Wide the gates of pearl shall swing,
And by grace of Him who loved me,
I am suffered to come in;
First, of Heaven's joys, to greet me
In that joyful hour shall be,
As I pass those shining portals,
Loved ones waiting there for me.

There the cards, which earth's rude con-
dict
Holds broken, shall be joined,
And beyond death's gloomy kingdom
Roll more strongly shall be twined.
Ah, my dear, fall not thy singing,
Though the way may weary be,
Soon my joyful eyes shall see those
Loved ones waiting there for me.

GRANDMA'S REAU.
One day my grandma said to me,
"When I was young my dear,
Girls didn't carry on with boys,
As I see you do here."

"I do not see," I said, the harm
Of schoolgirls having beaux,
My grandma! how my grandma looked
As fast her anger rose.

No harm! she cried for girls to flirt,
Why, you are just sixteen!
As on my word you do not try,
You are late for boys to scold!

I've seen you when from school you
came
Off with three giggles walk,
You make me stare, as I am,
The way you laugh and talk.

Well, tell me, grandma, here I ask,
(The way you speak what's true)
The very first boys you had,
How old grandma were you?

A soft, and smile swept over her face
As for a moment she
Faded to recall her youthful days,
No fall of joy and grace.

As fast she said and something like
A black eagle on her cheek
You don't know what's how strange I
feel
When of those days I speak.

Both boys and girls in that old time
All went to Pardon House;
And when I think about it now,
That yesterday it seems.

WILLIAM TELL FLOUR



"Of course it's WILLIAM TELL FLOUR!
That's the only kind
Mother ever buys!"
DAISY BAKER

TRIAL SPRAYS FOR APPLE FRUIT FLIES.

A Message For Growers of Infested Fruit.

The apple growers of Maine are familiar with the work of the apple maggot or railroad worm as it tunnels through the fruit and with the fact that these hatch from eggs laid by a hatched winged fly. Many orchardists have been interested in the hope held out by recent experimental spraying that it may be possible to poison off the flies and thus prevent the appearance of the maggots in the fruit.

The two following methods have been reported to be successful means of controlling the apple maggot by poisoning the parent flies before they deposit eggs.

They are offered by the Maine Agricultural Experiment Station as suggestions to owners of isolated orchards, who have been troubled by this pest. Any who will test either method and report results where favorable or unfavorable will be contributing to an important subject.

1. Soluble Potash: Arsenate of soda (or arsenate of potash), 2 ounces; Molasses, (the stronger the better), 1 pint; Water, 4 gallons.

Dissolve the potash in a little hot water and mix with the water and molasses. This mixture will burn foliage a little. Apply it to scattered trees of the susceptible varieties in the orchard. Use a hand spray outfit and on each tree sprayed only cover a place as large as an umbrella top. The slight foliage injury to so small an area does not interfere with tree growth. This amount of spray mixture is sufficient for four sprayings in an orchard of 30 acres.

Time of Application: The first spray should be made about July 15 and the last about August 15. The number of applications necessary would depend upon the frequency of rain storms.

2. Arsenate of Lead: Parisian; Arsenate of lead, 2 pounds; Water, 4 gallons.

Method of Application: Thorough leaf spray such as is ordinarily practiced for leaf feeding insects (caterpillars).

Time of Application: The first spray about July 15 and the second two weeks later. If a heavy rain follows the second spray it should be repeated, otherwise two sprayings are all that are necessary.

The theory of the first method is to have the poison serve as an attractive bait and thus only a partial spraying is required. The second method requires covering all the leaves of the trees so that wherever the fly feeds while in the orchard it will find poison. For this reason this method is given in the spirit of a suggestion for trial tests to such apple growers as may be interested and is not to be considered as

SOUTH PARIS

Ashley Edwards, who is a sophomore in Bates College, is at home with his parents, Mr. and Mrs. Willis Edwards, of Pleasant street.

Miss Ida Greely, a graduate of Paris High, is working for Mrs. D. M. Stewart.

Mrs. Ruth Stuart went to the G. M. G. hospital in Lewiston, Saturday morning, where she is to undergo a surgical operation.

Mrs. Stanley M. Wheeler swallowed a pin Friday afternoon and was taken in an automobile to a hospital in Portland by her husband. Upon using the X-ray it was found that an operation was not necessary at that time. Mrs. Wheeler remained over night until the danger was over, and returned home Saturday afternoon, feeling no ill effects.

Mr. and Mrs. Arthur Clark and daughter, Marian, have recently visited their son, George H. Clark, of Melrose, Mass.

Mr. and Mrs. Clarence G. Morton and children, Hugh and Helen, have returned from Crystal, N. H., where they have been spending a week at their camps.

Mr. and Mrs. George M. Cutting and two children from Hartford, Conn., are visiting Mrs. Cutting's parents, Mr. and Mrs. Elmer Taggett, and other relatives in town.

Miss Ethel Hardy, who attends Bliss Business College, is spending a few days in town with relatives and friends. Herbert Boucher, who was operator for some time at the G. T. B. station, has recently been calling on friends in town.

Alton Clifford of Rumford is here caring for his mother, Mrs. Annie Clifford, who is critically ill.

Misses Beryl and Louise Silver are spending a short time with their grandmother, Mrs. Childs, of North Paris.

Mrs. Jane Hatch of Lovell Center is visiting her son, Al Hatch, of Oxford street.

Eddie Campbell and wife, who have been visiting here, have gone to their home in Boothbay Harbor.

Mrs. Ira Harriman of Fore street is caring for Mrs. Annie Clifford.

Mrs. Bert Dean of Western avenue, who is in very poor health, is spending a short time on her brother's, James Thomas' farm at Waterville.

Mrs. Albert D. Park has seen over 155 different kinds of birds this year. Mrs. Park is a great lover of birds and makes a study of them.

Mr. and Mrs. Walter L. Gray, Master Carlton M. Gray, Mr. and Mrs. Reginald Hathaway and son, Donald were on a fishing trip to Carabassette, Friday morning.

W. M. Tibbels of Minneapolis, Minn., advance advertising man for the South Paris and Norway Community Chautauque, was in town Saturday in the interest of the Chautauque.

HERRICK & PARK

Bethel, Maine.
LUCIAN W. BLANCHARD,
Counselor-at-Law,
Post Office Block,
Telephone 7-3
RUMFORD, MAINE.
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NORWAY, MAINE.
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Letters of inquiry promptly answered. See our work.
Get our prices.
E. E. WHITNEY & CO.
Satisfaction Guaranteed.

MAINE CENTRAL RAILROAD

QUARRIES, FACTORY LOCATIONS, MILL SITES, FARMS, SITES FOR SUMMER HOTELS AND CAMPS.

Located on the line of the **MAINE CENTRAL RAILROAD** give opportunity to those desiring to make a change in location for a new start in life.

UNDEVELOPED WATER POWERS, UNLIMITED RAW MATERIAL AND GOOD FARMING LAND
Await development.

Communications regarding locations are invited and will receive attention when addressed to any agent of the **MAINE CENTRAL**, or to

INDUSTRIAL BUREAU, MAINE CENTRAL RAILROAD, PORTLAND, MAINE.

SUNDAY RIVER.
Mr. and Mrs. Howard Bailey were in Rumford, Sunday.

Joe Spence and Willie Powers came down from Gratton, Saturday, to do their boating.

Joe Douglas, who is working in Ketchikan, spent Saturday and Sunday with his family in Lewiston.

There is a family from Lewiston living in the lower wagon in Ketchikan, who are working for Joe Jolbert.

Rehebel finished Tuesday with a picnic and entertainment in the afternoon. Carl Heath had the misfortune of cutting himself quite badly one day recently and went to his home at Rumford Center.

Roland Fleet purchased an automobile of C. G. Bryant.

P. C. Litchford of Worcester, Mass., is visiting his friend, Harry Bryant.

Allice Eames is on the sick list with the chicken pox.

Mr. and Mrs. A. Wakefield spent Sunday at C. A. Baker's.

Bill Lowe was in this place, Sunday. Don't fail to visit our store and look over the mark downs. L. M. Stearns. Adv.

CAPONS FOR PROFIT.

By G. E. Conkey.
The production of capon meat is surely destined in the near future to become a leading feature in market poultry culture and the poultry raiser who fails to caponize the surplus males and so get the most out of them is following a short-sighted policy.

Early in the spring the young cockerels can of course be sold at a good profit as broilers but later on when these young birds are turned onto the market in great numbers the price drops rapidly. It sometimes happens that the price of broilers goes even below the actual cost of production.

You can easily avoid a situation of this kind by caponizing and even though you may be a small producer it will pay you to learn how to caponize in the event that you cannot get someone else to do the work for you.

In some localities the market for capons is so good that the poultry raisers make the production of capons a specialty or also feature that end of the business. But even though the price for capons be no greater than for ordinary fowls, it will nevertheless pay to caponize if you do not kill at the broiler age because capons are better in flesh, are larger in size and can be handled with a great deal more ease.

Caponizing a fowl is not a delicate piece of work requiring an expert. An amateur with the proper tools and instructions should find the job a very simple one.

EFFECT OF CAPONIZING.
For the few that may not understand, it may be well to explain here that a capon is an altered or castrated male chicken, the result of the operation being to change the disposition of the bird entirely. Individuals so treated show no inclination to fight, do not crow and become much more sluggish and quiet. When allowed to run with a general flock they do not cause any disturbance whatever.

There is little to suggest a cockerel in the appearance as the comb stops growing, making the head appear small, the bird in addition looking pale and sickly. In capons there is also an unusual development of the huckle and saddle feathers. The distinctive feathering and the undeveloped appearance of the head are identifying marks and for this reason in dressing the birds for market the head and also feathers in certain sections are not removed.

PROFITS FROM CAPONIZING.
In the first few months that follow caponizing, the capon does not grow much more rapidly than the cockerel but after that time the peaceful disposition of the capon allows the bird to make a more uniform development and this means increased poundage. Poundage of course is the most important factor in the production of poultry profits.

Not only does the capon weigh more but it brings a higher price per pound, almost double that of ordinary poultry in some localities. There is a considerable variation in the demand for capons in different markets and in general the demand for these birds is greatest in the eastern states.

CARE OF CAPONS.
You can house capons more cheaply than laying stock and they also stand more crowding. This fact has been demonstrated. This is an important feature in a plant where room is not over plentiful. As for feed a good growing mixture will answer all requirements, nothing elaborate being needed. During the last few weeks when fleshing off the birds use a good fattening ration.

LARGE BREEDS BEST.
Large capons bring the best prices. The heavy and medium weight breeds are used almost entirely for this purpose. Leghorns and the small breeds are very seldom caponized. In making your selection of breeds be sure to select those where the color of the legs and skin will meet the demands of the market for which the birds are intended.

CAPONIZING AGE.
Caponizing can be done at any age but there is a time in the bird's development when the operation can be performed with the best results. The medium weight breeds reach this stage when they weigh about two or three pounds and the heavier breeds when they reach the three or four pound stage. Do not delay the work too long because over development in the organs to be removed will make the operation both difficult and dangerous. Do not caponize after the birds are six months old.

Spring hatched cockerels are right for caponizing in mid-summer and this will put them on the market at the time when they will bring the best prices. A big capon requires ten months time if it is to be finished in the proper manner.

THE CAPONIZING OPERATION.
The operation itself is not a difficult matter and most anyone can perform it if they will study the different steps in the work and exercise that care that is always demanded in matters of this kind. In the first place get a set of caponizing instruments. There are sev-

eral different sets on the market but the best is the one made by the Shaw Business College.

SHAW BUSINESS COLLEGE
PORTLAND, MAINE AND ALBANY, N. Y.
The Shaw Business College is the only place in the United States where the caponizing operation is taught as a specialty.

Write for a free booklet on caponizing to the Shaw Business College, Portland, Maine, or Albany, N. Y.

ALBANY, N. Y. 1220 Broadway, N. Y. 1220 Broadway, N. Y.

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Caponizing a fowl is not a delicate piece of work requiring an expert. An amateur with the proper tools and instructions should find the job a very simple one.

EFFECT OF CAPONIZING.

For the few that may not understand, it may be well to explain here that a capon is an altered or castrated male chicken, the result of the operation being to change the disposition of the bird entirely. Individuals so treated show no inclination to fight, do not crow and become much more sluggish and quiet. When allowed to run with a general flock they do not cause any disturbance whatever.

There is little to suggest a cockerel in the appearance as the comb stops growing, making the head appear small, the bird in addition looking pale and sickly. In capons there is also an unusual development of the hocks and saddle feathers. The distinctive feathering and the undeveloped appearance of the head are identifying marks and for this reason in dressing the birds for market the head and also feathers in certain sections are not removed.

PROFITS FROM CAPONIZING.

In the first few months that follow caponizing, the capon does not grow much more rapidly than the cockerel but after that time the peaceful disposition of the capon allows the bird to make a more uniform development and this means increased poundage. Poundage of course is the most important factor in the production of poultry profits.

Not only does the capon weigh more but it brings a higher price per pound, almost double that of ordinary poultry in some localities. There is a considerable variation in the demand for capons in different markets and in general the demand for these birds is greatest in the eastern states.

CARE OF CAPONS.

You can house capons more cheaply than laying stock and they also stand more crowding. This fact has been demonstrated. This is an important feature in a plant where room is not over plentiful. As for feed a good growing mixture will answer all requirements, nothing elaborate being needed. During the last few weeks when finishing off the birds use a good fattening ration.

LARGE BREEDS BEST.

Large capons bring the best prices. The heavy and medium weight breeds are used almost entirely for this purpose. Leghorns and the small breeds are very seldom caponized. In making your selection of breeds be sure to select those where the color of the legs and skin will meet the demands of the market for which the birds are intended.

CAPONIZING AGE.

Caponizing can be done at any age but there is a time in the bird's development when the operation can be performed with the best results. The medium weight breeds reach this stage when they weigh about two or three pounds and the heavier breeds when they reach the three or four pound stage. Do not delay the work too long because over development in the organs to be removed will make the operation both difficult and dangerous. Do not caponize after the birds are six months old.

Spring hatched cockerels are right for caponizing in mid summer and this will put them on the market at the time when they will bring the best prices. A big capon requires ten weeks more if it is to be finished off in the proper manner.

THE CAPONIZING OPERATION.

The operation itself is not a difficult matter and most anyone can perform it if they will study the different steps in the work and exercise that care that is always demanded in matters of this kind. In the first place get a set of caponizing instruments. There are sev-

eral styles of these on the market, their difference being almost entirely in the manner of removing the testicles. The prices for the sets range from \$2.00 to \$5.00 and with good care a set will last a life time. Along with the set of instruments you will receive a book of instructions describing the operation in detail telling how to hold the bird while the operation is being performed, giving suggestions about care, preparation and precautions.

A beginner should practice on a dead bird. This will not effect the carcass which can be used on the table and at the same time it will allow you to make a careful study of the bird's anatomy and give you confidence in your ability to perform the operation.

CAPONIZING LOSSES.

A few birds are almost certain to be accidentally killed in the operation but this loss seldom exceeds 5 per cent. At the same time birds that are killed in this way are not wasted since they are perfectly good for eating.

The one thing to avoid is the production of "slips" this being the result of partly removing the organs. Any piece left may grow to a considerable size through nature's effort to repair the loss. A "slip" is neither a cockerel nor a capon but between the two and you will not be able to get capon prices for it on the market. Use every caution to guard against "slips" because, evidence that the work was not satisfactory is not always apparent and you may go on committing these mistakes extensively so that they effect a great many birds.

SUGGESTIONS FOR THE MAN WHO DESIRES TO SELL CLEAN MILK.

Clean milk can be produced at a very little extra expense. Many dairy farmers have the idea that they must have one of the new, so-called sanitary barns, with its modern equipment, in order to put out the best grade of milk. There is no question but that such is a great advantage in time and labor saved, yet we know that these things are not essential.

If the ordinary farmer will keep his cows as clean as he does his horses—and there is certainly more reason for having them well groomed—then one big source of contamination has been eliminated. This will take about five minutes per day, per animal, providing suitable bedding is used. Dry sawdust is very efficient and, in most cases, as economical as anything used for this purpose. The udder and teats should be washed and wiped dry, just previous to milking. This operation takes about a minute per cow, per milking. The milker should wash and thoroughly dry his hands at this time. He should not even pass his hand over a cow, horse, or any other animal until all the cows have been milked, thus avoiding chances of contamination.

The feeding of hay and ensilage after milking, instead of before, adds nothing to the expense of production, but results in better milk. The hooded pail is the next requisite in the production of sanitary milk. The hood protects the milk from most of the dust and dirt which might fall into the pail during the process of milking. Its cost is but slightly more than that of the open pail, yet the protection afforded is worth many times the difference in price. The man who honestly desires to put out as pure a product as possible at a minimum cost cannot afford to be without this pail.

As soon as the milk is obtained from the cow it should be taken immediately to the milk room or house, as the case may be. Here it should be strained through a thin layer of absorbent cotton placed between two pieces of cheese cloth. Next, it should be cooled to 50° F., or lower, if possible.

The utensils should be washed in cold water, then hot water and finally sterilized with boiling water or steam. Next, they should be inverted in a well-lighted, well-ventilated place and allowed to drain. Direct sunlight is one of the best exterminators of bacteria.

After the milk bottles and cans have been washed and allowed to drain they should be left in an inverted position, until filled with milk. In case it is not convenient to leave them in such a position, they should be covered with paper or several layers of cheese cloth to keep out the dust. The milk bottle caps should be kept in a jar, or box, free from dust and other means of contamination.

During the summer months the should be packed around the bottles and cans while in the delivery cart. This will retard the growth and development of the bacteria.

Now, if the suggestions mentioned above are followed out, the delivery of clean, cold, unadulterated milk is insured.

BROOKS DREW, State Dairy Inspector.

AN IRREVERENT SLAP.

"After all," said the senator, "the Ten Commandments constitute the greatest and most intelligent set of laws ever laid down."

"Yes," answered the representative, "that's because they were given direct to the people without being amended by the senate."

MAINE'S NEW HEALTH LAW.

O. E. Turner, M. A., Instructor in Biology and Research Associate in the Department of Biology and Public Health of the Massachusetts Institute of Technology.

At the adjournment of the seventy-eighth legislature of the state of Maine on April 7 the newspapers commented at length upon its acts relating to war, suffrage and prohibition, but nothing was said about a matter no less important to a modern democracy; namely, public health. And yet this legislature and the progressive administration of Gov. Carl E. Milliken are to be credited with giving the state a new form of health organization second to none in the country, one which is sure to place Maine among the leading states in preventing disease and safeguarding the health and welfare of its citizens.

The new creating a State Department of Health was introduced and supported by the State Medical Association, acting through its legislative committee. The influence of this organization is widely felt in Maine, and from such an association with its Committee as that enjoyed by the writer during the recent campaign for reorganization it is apparent that the continued and assured support of this wide-awake and progressive body of physicians will be of inestimable value to local public health progress. The support accorded to the measure by many leading educators, scientists and public men in the various parts of the state was also important. Their statements, together with strong letters from prominent summer residents, public health experts, and statesmen elsewhere, assisted materially in placing the case clearly before the legislative bodies, particularly the Public Health Committee of the legislature, before whom the bill had its hearing. This committee gave to both the main provisions and the details of the plan a careful and intelligent consideration. After being convinced of its worth, they worked with the proponents of the bill to secure its presentation in the most desirable form and reported unanimously in favor of its passage.

The establishment of a State Department of Health is a step in advance which clearly expresses the growing appreciation of public health activities in Maine and a desire that the state shall secure the most efficient method available for the prosecution of this work. The State Board of Health which the new organization is to supplant was created in 1898 and has an excellent record of efficient and faithful service. Its early and authoritative reports upon school hygiene, disinfection and the prevention of tuberculosis, as well as such activities as the development of the permanent process for liberating formaldehyde gas and special methods of public health education, have met with national wide approval. Moreover it is significant that Maine, which was fourth from the last among the states in establishing a board of health, is now among the very first of the states to institute such a reorganization as authorities agree is best calculated to administer the increased public health duties of a state department.

The need of reorganization in Maine arose from a condition which is not to day peculiar to that state. The Board of Health, which was created at the time when sanitary science was in its infancy, found itself overburdened by the increasing activities placed upon its shoulders through the recent advances of the science. Bills to allow the Board to embark upon new fields of endeavor have been almost constantly before the legislatures of recent years. Among these bills, for example, have been requests for district sanitary inspectors and for state inspection of hotels and summer camps. Such piecemeal legislation however was hard to secure, and the board remained with limited activities and appropriation.

It was evident that the State seriously needs improvements in local health administration. A few of the summer resort towns, of which York is a conspicuous example, are securing the services of a well trained, full time local health officer and the experiment in York has been so successful from every point of view that after three years of trial the renewal of an appropriation of one dollar per capita for public health work was voted unanimously at the last annual meeting. But in most towns of the state there is need of a direct stimulus for health work.

Other needs are, more effective work in the control of contagious diseases, better provision for the distribution and use of sera and vaccines, the extension of educational work, and definite campaigns for the protection of child life and for the prevention of tuberculosis. These enormous labor and pleasure camps in Maine, as well as the numerous hotels over which the state might well institute an effective supervision.

These improvements it was believed could be best assured by a comprehensive reorganization, and consequently a bill was proposed following in general the New York-Massachusetts plan, which provides for a State Department of Health consisting of a commissioner and a Public Health Council, together with directors of divisions, district health officers, and other employees.

In Maine the law provides that the Commissioner, a man experienced in public health administration, shall be appointed by the Governor for a term of six years. Upon him rests the responsibility of administering the laws and regulations relative to health and sanitation. He shall prepare rules and regulations for the consideration of the Public Health Council, appoint directors of divisions, district health officers and other employees, submit annually to the Public Health Council recommendations regarding health legislation, and perform all executive duties previously required of the State Board of Health. He has power to direct any executive officer or employee of the State Department of Health to assist in the study, suppression or prevention of disease in any part of the state.

The Public Health Council is to consist of the commissioner and four other members, two of whom shall be physicians, to be appointed by the Governor for a period of four years. It is to meet once a month and at such other times as its members may determine, and it will be the duty of the council to make and promulgate rules and regulations in furtherance of the public health law, to advise the commissioner upon the appointment of district health officers, and other employees, and to recommend to the legislature needed health legislation. It is to have no administrative or executive duties.

There are to be such divisions in the State Department of Health as the commissioner, with the approval of the Public Health Council may from time to time determine, and the commissioner with the advice of the council, is to appoint and may remove a director of each division.

The Commissioner from time to time is to divide the State into three or more health districts appointing to each district a district health officer who shall be a graduate of an incorporated medical school or shall have been certified in public health by a reputable institution of collegiate grade. These men are to spend their full time in the field work of the department.

The bill provides that the Commissioner of Health shall receive an annual salary of \$1,000, that the Public Health Council shall receive \$3 a day while in conference and their necessary travelling expenses, and that the compensation of directors of division and district health officers shall be fixed by the Commissioner of Health but shall not exceed \$2,500 per year.

Public health workers may feel that the annual appropriation of \$30,000 which this bill carries, is indeed a small sum upon which to begin the work of such a state department. If Maine should spend 2 per cent of its total appropriation upon health work, a proportion which Surgeon Carroll Fox of the federal service suggests is a fair distribution of funds, the department would receive \$142,000, while the Massachusetts expenditure of 1.2 per cent would give the department \$80,000. But it should be remembered that the original appropriation with which the State Board of Health began work in 1895 was only \$3,000, that it has never exceeded \$20,000 and that it is still the privilege of health administrators generally to do a large amount of work on a small amount of money. Moreover the last legislature passed an additional act providing for the making of Wasson man tests and giving the health department an annual appropriation of \$1,000 for this work.

Another act, which preceded the health bill in its enactment, placed the responsibility of preventing the pollution of public water supplies in the hands of the Public Utilities Commission, allowing them \$4,000 a year for this work. So that, although it may be generally believed that this duty belongs to the State Department of Health, which has a laboratory already equipped for doing sanitary water analysis, the Department for the present at least is relieved of this financial responsibility.

The task of the new department is not an easy one but it is confidently hoped that this type of organization which has been instituted in New York and Massachusetts with highly satisfactory results, being continued from year to year with its original freedom from political system and with a general cooperation for increased efficiency, may yield to Maine all that it has given to those other States in decreasing the amount of preventable disease and promoting the health of its citizens. Its organization upon a non-political basis is assured, and the centralizing of authority, the appointment of district health officers to stimulate the usually well-meaning but often ineffective local boards of health, together with the opportunity for new and especially profitable fields of activity, are sure to give both the permanent res-

FOOD CONSERVATION.

To the Hotel Proprietors of Maine.

Realizing the great necessity for food conservation and particularly the conservation of certain kinds of food necessary for feeding our soldiers and allies—and with the end in view that your cooperation to assist in the campaign for food conservation along the strictest lines of economy will result in much good, the following suggestions are made:

1. Such facts as we are able to obtain show that practically all the hotels in the State of Maine have been conducted on the American plan. In order to secure a consensus of opinion of hotel proprietors, and to discuss possibilities of changes, with the idea of economy, a conference was held June seventh, to which all hotel men in Maine were invited. It was revealed at this conference that already several large hotels in Maine had adopted the European plan service in place of the American plan, with very satisfactory results, that the inauguration of the European plan has tended to curtail waste, and that business in general had been conducted with satisfaction to patrons. A significant fact was also brought out that, in the opinion of the hotel proprietors already conducting their business on the European plan, the same number of people could be fed on this plan, satisfactorily, with 50% of the raw material required under the American plan. The adoption of the European plan means absolute conservation of food, which seems to be necessary in the face of the present emergency; therefore, we urge you to adopt the European plan of service.

2. Facts brought out at the conference, and statistics from unquestionable authority, also show that if persons eating on the American plan have to write out their orders they will not order in such quantities as when the order is given orally. Statistics at hand prove that the serving of two million meals under the checking method resulted in saving 15% of the food used in comparison with the oral order system. With little computation, you can readily understand that 15% of the cost of your material used last year would mean considerable saving of food. If it is found to be absolutely impracticable to adopt the European plan, we highly recommend and urge the adoption of this checking system in continuance of the American plan.

3. We further recommend, if the American plan service is continued, the reduction of the number of articles placed on the American plan menu. It is well understood by hotel men that in many instances a greater variety of food is frequently ordered simply out of curiosity and not with the idea of supplying nutrition or satisfying hunger.

As the conservation of certain kinds of foods—particularly meat, flour, potatoes, beans, and milk—seems necessary in the present emergency, to this end the following suggestions are made:

4. Eliminate as far as possible serving bacon, ham, and cured meats. Avoid serving veal, young lamb, and chickens for broiling, realizing that chickens raised to maturity will produce eggs—a valuable substitute for meat; or, if killed for meat at a mature size, they will greatly increase the quantity of meat available for markets, thus reducing the cost and insuring a greater amount of beef and pork products for the use of the army. This same principle will also apply to all young animals.

5. Fish. Increase the consumption of fish as far as possible, which will tend to the saving of meat products.

6. Flour. With the idea that white flour can be better utilized by the army, it is recommended that corn meal be substituted in every way possible, for white flour in the preparation of corn bread, muffins, griddle cakes and cereals—particularly for the morning meal.

7. Butter. From your experience it will be readily understood that much can be done in the saving of butter. Avoid placing butter on the tables in quantities, requiring the guests to ask for a second helping if needed; and in order to conserve fat—for which there is liable to be a shortage—see that all butter is saved from the waste, as this will not only bring about an immense saving in fat but will assist in the production of milk.

8. Milk and Cream. As for cream, it will be understood that a product carrying 15% butter fat is considered legal and of standard quality, and if nothing heavier than this is served it will tend to an economy of butter fat; we also suggest the use of sherbet in the place of ice cream, and as it usually happens that a sufficient amount of fat is furnished with the average meal, ice cream can well be eliminated without impaired nutrition.

9. Desserts. Serve as far as possible such desserts as require a minimum use of eggs and butter, and utilize in all possible ways fruits—bananas in particular which, at present prices, costs and the summer guests of the State of Maine the best available health protection.

may be well considered with economy.

10. In order that your employees in kitchen, pantry, dining-room, and storeroom, may become fully acquainted with and brought to a realizing sense of the demand for economy for the conservation of food, we suggest that notices embodying these recommendations be posted in their places of employment or communicated to them otherwise.

It is hoped the above suggestions will be accepted in the same friendly spirit of cooperation with which they are given, as in no instance is there any thought on the part of the committee of meddling or interfering with, or retarding, your business, which you know you are fully capable of conducting; but the recommendations are offered in the spirit of patriotism as a result of the ideas which are being advanced by the hotel men upon this subject.

Very truly yours,
E. L. NEWDICK,
Secretary for the Committee on Food Production and Conservation.

HOGS ON THE FARM.

Ideal Conditions for Hog Raising on the General Farm—Profitable Use for Waste Products.

Swine are profitably grown in practically every locality and on almost every type of soil in the United States. Although the most heavily stocked region is found in the corn belt, the East and the South are increasing the number of their swine at a rapid rate, very largely because of the use of pasture crops to replace part of the grain ration. In fact, hogs are grown under many different methods of farming and fed upon a great variety of crops, showing that they are well adapted to almost any condition found upon the farms of this country.

An ideal location is on a well-drained farm possessing a rich soil that will produce grasses and other forage as well as the grains needed for fattening the hogs. This does not mean, however, that only those farmers holding rich, level lands should raise hogs, for, as a matter of fact, hogs are most easily handled on farms that are somewhat rolling. For the production of forage crops the rolling farm is often as good as the level one, and frequently has the added advantage of shade and a better water supply. The hill farmer does not have the best of it in all things, but in many instances he has certain advantages which he does not appreciate.

In locating, the question of a market also must be considered, and the facilities for reaching it. Most communities are connected with the large central live-stock markets by the railroads, but these will be of little avail if the roads to the railroads are poor. Good roads are of inestimable importance, for, among other things, they enable the farmer to market his products at any and all times.

The number of hogs for each farm must be determined by the study of local conditions and the type of farming. The maximum number of hogs per acre is found on farms chiefly or wholly devoted to the raising of that class of stock; as, for example, farms in the State of Iowa, where it is quite common to see farms stocked with several hogs to the acre, while the average for the entire State is 1 to every 3 acres of improved farm land. Under average conditions in this country, however, hogs return the largest profit when raised to utilize waste products, and when kept for this purpose alone the number will depend upon the quantity of waste products to be consumed.

Skim milk from dairy herds, shattered grain from grain fields, unmarketable products from the truck farm, undigested grain in the droppings of fattening steers, and many other minor wastes on the average farm are examples of feedstuffs which would be wasted were it not for their utilization by the thrifty farmer for the production of pork.

In order to utilize some of these products it is necessary to have a number of pigs on hand for a relatively short time on account of the perishable nature of these foods. The rest of the year the fattening pigs and the breeding stock must be maintained upon feed raised expressly for their consumption, and while they are not kept at a loss during this time, still the greatest profit is derived when they are eating the cheap feed in the form of waste products. The number of hogs which can utilize the waste to the best advantage, therefore, should be the limiting factor in determining the number of hogs to the farm. On farms in the corn belt, where hogs are raised simply to market the corn crop on the hoof, the number is controlled by the amount of corn which can profitably be raised to fatten them.

Talk is cheap when one uses his neighbor's telephone.



THREE DANGER SPOTS IN THE U. S.

An interview with Miriam W. Ricker of Poland Spring, with a strong statement of the condition of the Nation.

Miriam W. Ricker of Poland Spring has ideas of her own on the present world war and the economic situation, and she is by no means afraid to express them. In a recent talk with the Lewiston Journal she said:

"The three great danger spots in this country today are extravagance, waste, and indifference. The first two are well known, but the third is less so. It is the indifference that is the most dangerous. It is the indifference that has allowed the nation to get into the present predicament. It is the indifference that has allowed the nation to get into the present predicament. It is the indifference that has allowed the nation to get into the present predicament."

"Indifference with us is a fatal weakness. If our people had more interest in public affairs there would be less grafting and malfeasance in office. Many people take no interest whatever in public matters, and when some radical shows his politics as all his own pockets, they are perfectly willing to see him elected to the same position. Many others do not have enough interest to even go to the polls and vote. As a result we have the issues in the last election, a large majority of the people gave the matter no thought whatever and did not go to the polls."

"For a single moment look at the condition of our army and navy. Had the people been interested in their defense during the past three years we should not be in as lamentable a condition today. Had few had any interest in the matter and now we must pay the price of our indifference and negligence. If we had even been half prepared the Republic would have been saved from the sinking of the Lusitania or from any of his other disasters."

"The English navy is all that has stood between us and disaster, and yet we are largely indifferent to the issue. Simply the people are waiting up to the point and the over-subscription to the Liberty Loan will cause the latter to go some thinking. For the first time he will realize what he is up against."

"Now is the time to let the world know that every man is ready to do his duty. There is no one but can do something. One man can plant potatoes and another can a garden. These who can do neither of these can work for others. This is no time for any man to shirk. If the world would but make the making of this war it would end in 90 days. The German people cannot win it as they are kept hypnotized. Neither man or paper dares to speak above a whisper in that country. Everything there is censored and the masses are ignorant of the true conditions."

"Do you realize that the waste in this country alone would pay all the cost of the present war in fifteen years? It is only an expert mathematician who can reckon up the cost of our waste in a single year."

"I remember an incident in the city of Rome that illustrates the value of saving. I was walking down the main aisle of St. Peter's cathedral when I heard my name called by some one behind me. On turning around I saw a lady from Augusta with whom I was acquainted. She had been to Europe several times and usually to simply see the sights. On a previous occasion she had visited Italy to study the habits of the people. She had learned something about economy she told me, and on returning to her Augusta home had attempted to put some of her knowledge into practice."

"One day her cook said she was going to make a cake that required half an egg. This was her opportunity and she told her to use one-half of an egg and use the other half to scotch the coffee border of the usual whole egg. The cook looked at her in astonishment, doubtless wondering why she had an entirely grown thingy. He soon learned, added the woman, that if every family in this country would save that half egg that it would mean one million dollars added to the national wealth."

"When you consider all the other and greater wastes of waste in this country the cost seems like a drop in the ocean. It is absolutely staggering. In France when a family sit down to dinner there is just enough food on the table to satisfy the hunger of each member. Everything is eaten, and there is no waste. In this country when a family sit down to dinner it is considered a disgrace if there is not enough left to feed another family equally as large. The meat of that is waste. It has been this economy among the French people that has enabled them to stand the financial strain of this terrible war. Why are we in America doing exactly the opposite and consuming our national wealth will be caused beyond the dream of a nation."

"One of the greatest wastes of waste in this country is the paper that is being thrown away. Why this de-

HOME DRYING.

Scarcity of Cans or Glass Jars Makes Drying Desirable—How to Dry Vegetables.

Dry vegetables and fruits for winter use if tin cans and glass jars for canning are scarce or expensive.

This is the advice of specialists of the United States Department of Agriculture, who recently have studied the possibilities of conserving food to meet war needs in spite of any difficulties that may be experienced in obtaining canning containers. Drying was a well-known and successful way of preserving certain foods before canning came into general use, the specialists point out, and modern methods make it still more practicable, than formerly, either in the home or by community groups.

Methods of Drying. Three methods of drying have been found by the department specialists to give satisfactory results. These are sun drying, drying by artificial heat, and drying with air blasts, as before an electric fan. Trays for drying by any one of these methods, as well as trays for use over stoves or before fans, can be made satisfactorily at home. Frames and trays for use with artificial heat may be purchased complete if desired.

Homemade trays may be made of side and end boards three-fourths of an inch thick and 2 inches wide and bottom boards of lath spaced one-fourth of an inch. If desired, 1-4 inch galvanized wire mesh may be tacked to the side and end boards to form the bottoms of the trays. Frames for use before fans may be made of wood of convenient size. Frames for use with artificial heat should be made of non-flammable material to as great an extent as possible. As many as six trays may be placed one above the other when artificial heat is used. In drying before a fan the number of trays that may be placed one above the other will depend, to a large extent, upon the diameter of the fan. In drying in the sun, trays as described may be used on sheets of paper or muslin held in place by weights.

Preparing Products for Drying. Vegetables and fruits will dry better if sliced. They should be cut into slices one-eighth to one-fourth of an inch thick; if thicker, they may not dry thoroughly. While drying, the products should be turned or stirred from time to time. Dried products should be packed temporarily for 3 or 4 days and poured each day from one box to another to bring about thorough mixing and so that the whole mass will have a uniform degree of moisture. If during this "conditioning" any pieces of the products are found to be too moist, they should be returned to the trays and dried farther. When in condition the products may be packed permanently in light paper bags, insect-proof paper boxes or cartons, or glass or tin containers.

Recipes. Spinach and parsley: Spinach that is in prime condition for greens should be prepared by careful washing and removing the leaves from the roots. Spread the leaves on trays to dry thoroughly. They will dry much more promptly if sliced or chopped.

Beets: Select young, quickly grown, tender beets, which should be washed, peeled, sliced about an eighth of an inch thick, and dried. Turnips should be treated in the same way as beets. Carrots should be well grown, but varieties having a large woody core should be avoided. Wash, peel, and slice crosswise into pieces about an eighth of an inch thick. Parsnips should be treated in the same way as carrots.

Onions: Remove the outside papery covering; cut off tops and roots; slice into one-eighth inch pieces and dry. Cabbage: Select well-developed heads of cabbage and remove all loose outside leaves. Split the cabbage, remove the hard, woody core, and slice the remainder of the head with a knife or other hand slicing machine. Beet tops: Tops of young beets in suitable condition for greens should be selected and washed carefully. Both the leaf stalk and blade should be cut into sections about one-fourth inch long and spread on screens and dried. Swiss chard and celery should be prepared in the same way as beet tops.

Rhubarb: Choose young and recent growth. Prepare as for slicing by slicing the stalks and cutting into pieces about one-fourth inch to one-half inch in length and dry on trays. All these products should be "conditioned" as described.

Apples: Sort and inspect berries, pears, and select berries on trays and dry. Do not dry so long that they become hard enough to rattle. The dry fruit should be stepped at once as the berries and to state the brand when packed. Pack and "condition."

LYING ANKLE. "Has the Ankle club disbanded?" "Not exactly. I think the members are just lying low."

NATIONAL CAPITAL.

Continued from page 1.

been an increase of 2,433,000 tons during April and May of this year, as compared with 1916; but it is stated that a good deal of this coal has been diverted from the natural uses of manufacture and commerce into the hands of speculators, who are holding it for higher prices. The part the railroads are performing in meeting the demands of the public for more coal has been set forth by Fairfax Harrison, a railroad president, and chairman of the railroads' war board. In statement says that "in response to the patriotic demands made upon the railroads of the United States by the railroads' war board, they have so increased their efforts that they are handling a far heavier tonnage today than ever in their history."

According to the Government figures now compiled, the 62 principal bituminous coal-carrying railroads in May, 1917, hauled 142,167 more carloads of coal—approximately 7,100,000 tons—than they did in May, 1916. This was an increase of 23.8 per cent. The railroads hauled 739,674 carloads of bituminous coal in May of this year, compared with 597,517 cars in May, 1916.

That great headway is being made in the effort to save the time of freight cars by quick and prompt loading and unloading is brought out in the Government's figures, which show that the daily average of cars loaded with bituminous coal each working day in May of this year was 29,449, an increase of 23.8 per cent over May, 1916, and of 8.1 per cent over April of this year.

In the month of May, while this greatly increased tonnage of bituminous coal was being hauled, the railroads reduced the so-called car shortage from 128,027 on May 1, to 105,127 cars, almost one-third.

RUSSING UP THE PICKETS. The general feeling in Washington, among suffragists and anti-suffragists, does not sustain the attempts to picket the White House. The movement in the beginning was looked upon as good propaganda for suffrage, but the idea was so overworked that it failed to command general interest. At that point the picketers attempted to restore flagging interest by displaying the sensational banner addressed to the Russian bolsheviks. The events that have followed have made a lot of newspaper copy of a somewhat sensational nature, but it is likely that the importance of the "pickets" were exaggerated in the press.

EDUCATION AND THE WAR. It is of the utmost importance that there shall be no lowering in the efficiency of our systems of education, says Dr. P. P. Claxton, United States Commissioner of Education, discussing education and the war. Schools and other agencies of education must be maintained at whatever necessary cost and against all harmful interference with their regular work except as may be necessary for the national defense, which is of course our immediate task and must be kept constantly in mind and have right of way everywhere and at all times. From the beginning of our participation in the war we should avoid the mistakes which some other countries have made to their hurt and which they are now trying to correct.

EAST BETHEL. Miss Yvonne Burke is at her home here for a short vacation.

Miss Ethel Cole has gone to Rumford Falls, where she has work.

Miss Dolly Holt has been spending several weeks with her grandparents, Mr. and Mrs. Charles K. Martin.

Mrs. E. K. Bell, of Berlin, N. H., is the guest of Mr. and Mrs. A. M. Bean.

Mrs. Herbert Lyon and children from Rumford Falls are spending a two weeks' vacation with her parents, Mr. and Mrs. H. E. Bartlett.

Mr. and Mrs. H. L. Holt and son, Leroy, of Newport, Maine, arrived Saturday and will spend their annual summer vacation with Mr. and Mrs. Will Bartlett.

Mr. and Mrs. Guy Bartlett recently entertained an auto party from Vermont, which included Mrs. Bartlett's parents, Mr. and Mrs. Ernest Greenwood, Charles Greenwood, Guy Greenwood and a sister, Miss Dora Greenwood.

Don't fail to visit our store and look over the new stock. L. M. Stearns, Adr.

PATRIOTIC ASSOCIATION.

Holds Interesting Meeting.

The Oxford County Patriotic Association held its annual meeting at Central Park, South Paris, Wednesday, June 27th. It was an ideal day and there was a good attendance. A business session was held at 10:45 in the forenoon and the following officers were elected: President—E. L. Wynn, Woodstock. Vice-Pres.—Mrs. Benjamin Hicks, South Paris. Sec.—Mrs. Alta Sheen, Norway.

Treas.—A picnic dinner was a pleasing feature. The Norway Post furnished coffee, sugar and milk. In the afternoon at 1:15 the following program in charge of Joseph Noyes was given by South Paris, Norway and Mechanic Falls talent:

Prayer, Rev. J. H. Little, Bethel Memorial Service. Trio—"The World's Call," written and read by Mrs. Alice E. Maxin. Vocal Duet, "Yearning and Miao," Mrs. Maurice L. Noyes, Mrs. Ralph Perkins, L. S. Sessions.

Remarks, Rev. D. F. Faulkner, So. Paris Piano Duet, Mrs. H. L. Nichols, Norway Piano Solo, Miss Olive Stone, Donald Partridge.

Remarks, Mrs. Gladys Russell, The Star Spangled Banner. Vocal Solo—"The Rosary," Mrs. Chester Briggs, Mechanic Falls Dance, Miss Irene E. Bryant, Mechanic Falls Monologue, John Fessenden, Mechanic Falls America.

Benediction, Rev. J. H. Little. The hall was decorated with the Stars and Stripes, with bouquets of flowers much in evidence. The keynote was patriotism, and the meeting was much enjoyed. "Uncle" Henry Porter, aged 90 years, was present. He is remarkably active and interested in all issues of the day.

SICK HOGS. Act Quickly When Hog Cholera is Suspected—Anti-Hog Cholera Preparedness Urged.

Don't take a chance with a sick hog. Act quickly. Get a veterinarian or a trained man immediately. Don't wait a single hour when you suspect disease in your herd. Use the telephone or send to town at once. Only prompt action will stop hog cholera losses. Every hog saved will help win the war. This is the message of tremendous importance which the United States Department of Agriculture is carrying to farmers, not only in the great hog belt included in Iowa, Missouri, and Illinois, and nearby States, which produce 51 per cent of the hog output of the United States, but also to farmers of the South, where in several States in 1916 hog losses due to cholera rose to two to three times the average losses for the country. Hog losses in 1916 by disease rose to 150 per 1,000 in Arkansas, 105 in Louisiana, 100 in Florida, 80 in Georgia, 76 in Tennessee, 70 in Alabama, and 65 in Mississippi, against an average of 48 per 1,000 for the entire country. At least 90 per cent of these losses were attributed to hog cholera.

The time for argument about anti-hog cholera serum is past, declare the specialists of the Bureau of Animal Industry, United States Department of Agriculture. Explicit figures are readily available which prove unmistakably that, when administered in time by competent persons, hog cholera serum will keep well hogs from taking the disease for a period of three to six weeks. Not argument but quick action is imperative in getting serum and a trained operator to the farm to treat the hogs. Hogs will be saved and the Nation's meat supply increased if every farmer will immediately upon signs of disease call in the nearest available expert to diagnose the complaint and administer whatever treatment is necessary.

The Department of Agriculture is urging that all State, county, and local live-stock interests, including State veterinarians, live-stock boards, State college workers, county agents and local veterinarians, begin immediately to organize anti-hog cholera preparedness campaigns to reach every farmer in every county. Such organizations already exist in many places. Where it does not there is need of special and immediate action before the hot weather conditions favorable to hog cholera come on.

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